

VIAMI

Hygiene



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Dr. Henry H. Smith

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VIAVI HYGIENE

CHAPTER I

HOW AND WHENCE HEALTH COMES

HEALTH comes from within. Nature is the real curative agent. There is a recuperative power within each one of us which ever strives to overcome any deviation from that splendid co-ordination of vital functions which is health.

We do not know just what this recuperative power is. It has been called by many names; but we recognize it as that power within us, that vitality, that strength, that resistance, that vital force, that recuperative power, through which we get well when we are ill.

The Hope of Getting Well

We do not all get well equally quickly; nor is the restorative activity the same at all periods of our life. We know that we may become weakened, reduced, and exhausted by improper habits of life, overwork or worry. But until life is finally extinguished by wear, or exhaustion of years, there remains hope—flickering though it may be—that we may get well.

Just as we know that there is this recuperative power within each of us, and that the body may become weakened, or reduced, or worn, so we know that under many conditions this recuperative power may be furnished the means through which it may strengthen and restore that body to health. Nature can be assisted to overcome disease and disorder. The whole process of restoration rests upon the sufferer furnishing the recuperative power with the means which it can use to over-

come the abnormal conditions. We really restore ourselves to health.

**Process of
Restoration**

The process of getting well is a process of retracing our steps. This includes, whenever possible, the removal of the causes of suffering, whether it is work, worry, carelessness, ignorance, indifference, improper habits of life, or whatever they may be, which prevent the recuperative power from preserving the nice adjustment of function, which is health, and by adopting those means which the recuperative power can utilize to arouse and strengthen the natural bodily processes.

Getting well is a natural, and, in a wonderful degree, an attainable process. It is a personal experience. We cannot say in any individual case that the sufferer can or will not get well, because it can never be known whether the recuperative power in any individual can use the means furnished to bring him or her to health. But we do know, in measurable degree, the succession of processes by which health must come, if at all; and we can judge from the experience and results which others have obtained, the value of the means by which they restored their health, and conclude that what they have done we may do, because the laws of health and disease are similar in each body.

**The Appeal
to Sound Sense**

In the following pages we discuss some of the conditions, phenomena and effects of ill health, and certain definite processes and means by which health has been restored. We shall try to discuss it in a plain, understandable way, and illustrate it by examples. We believe we can be of help to you if you need help. But we can only help you to appreciate how you can help yourself, and we can only do that to the extent that what we shall say appeals to your sound sense and reason.

CHAPTER II

ABOUT THE NERVOUS SYSTEM

THE nervous system is so closely related to health and disease that whatever affects the nervous system, favorably or unfavorably affects the health of the body. But it also may be said that whatever affects the other parts of the body also affects the nervous system. However we will discuss the nervous system first. The nervous system involves every part of the body, and influences and controls every function, organ and tissue. It is through the nervous system that those mysterious things we call recuperative power, personality, vitality, life itself, are manifested. It is the instrumentality through which all the processes which contribute to, or constitute, life are co-ordinated.

The Mystery of Nerve Function The organs of the nervous system are the brain, the spinal cord, the nerve centers and the nerves. Probably as much is known about the anatomy and physical structure of the nervous system as of other organs of the body. It is the power, the influence, and functions exercised through the nervous system, in which there is so much of the mysterious and the unknown. We think of other organs of the body functioning more or less through mechanical or chemical processes; but behind the processes of the nervous system there is something which seems much more subtle and evasive in the workings and manifestations of what we call nervous activity or nervous force. While we do not know what this subtle influence is, originating in and acting through the nervous system, directing and controlling every function and movement of every other organ and tissue in the body, we do know much concerning what it accomplishes and the manner in which

it is both favorably and unfavorably influenced.

**Two Great
Divisions**

The nervous system has two great divisions. One is the cerebro-spinal system, centering in the skull and spine, and governing the higher mental faculties, emotions, and impulses, and putting us in touch with the exterior world through the senses and the control of the voluntary muscular movements. The second is the sympathetic system, which supervises and controls and co-ordinates the circulation of the blood and all the vegetative functions—those functions involved in the maintenance, recuperation and continuance of life, such as the digestion, assimilation and distribution of food and elimination of waste. The two systems, though distinct in their functions, are not separate in their mechanism, but have the most intimate relationship with each other.

**Cerebro-Spinal
System**

The great center of the cerebro-spinal system is the brain. It is composed of gray nerve cells, whose function it is to originate nerve force, and white nerve fibers, whose function it is to convey impressions to the gray cells and impulses from them. The brain is wrinkled into folds, called convolutions; the gray cells are in layers in the cortex or outer layer of these convolutions.

A white nerve fiber arises in each of these minute gray cells. These fibers compose the mass of white matter in the brain, and constitute all of the brain except the outer layers and groups of gray cells. The work of the cells is to originate impulses and ideas, that of the fibers to transmit them. Fibers of like function are gathered together in strands as they pass from the brain into the spinal cord, and finally pass out between the vertebrae to the various parts of the body. Some of these fibers are continuous while others are interrupted by bunches of cells, called nerve centers or ganglia. The first kind, the continuous fibers, may be likened to telephone wires running directly from the central station

to the house; the second by wires that pass through relay batteries at the sub-stations.

Arrangement of Cells Cells of like function are arranged together in the cortex of the brain. For instance, those having to do with the higher mental faculties, such as ideas, emotions, volition, etc., are situated in the front part of the brain (the forehead). It is supposed that the lower back part of the brain has to do with the reproductive organs, as diseases of these organs produce pain there.

There are really two brains, one occupying the right half of the skull cavity and the other the left. The right brain governs the left side of the body, and the left brain the right side. The brain and the spinal cord are covered with membranes, the inner one conveying the blood vessels which supply nutriment.

Motor and Sensory Nerves The nerves running from the cells and regulating the movements of the body are called motor, or efferent (outgoing), nerves. Sensations from all parts of the body, such as seeing, hearing, tasting, smelling, hunger, pain, cold, etc., are carried to the cells over fibers called the sensory, or afferent (ingoing), nerves. If we lightly prick the end of the finger with a pin, the injury rouses the activity of one or more sensory nerves, which immediately conveys to the brain, and records there, the sensation originating in the finger. The brain registers the sensation, and then causes a motor impulse to be sent out over the motor nerves governing the conduct of the arm, hand, and finger; these nerves contract the muscles and the finger is thus withdrawn from the pin-point. This is done so rapidly that one can scarcely conceive that a message has been sent to the brain and back again to the muscles.

How this System is Fed Each cell in the brain and nerves has to be fed in the same way as every other cell in the body. Each cell selects from the blood the particular kind of nutriment that it needs. As all of the nourish-

ment of the body, including the nerves, comes from the blood, the character of that nourishment must depend upon the quality of the blood and the manner of its circulation. If the blood is pure and of the right quality, and circulates freely to every part of the body, appropriate nourishment is brought to every cell. In ill health, poisonous matter is taken up by the blood from diseased parts of the body, and when all of it is not thrown out by the lungs or other organs of elimination, some of it is carried to the brain cells as well as to the cells of other tissues, and there is an impairment of cell nourishment. It is impossible to have a sound brain and well ordered mind, thoughts and impulses under such conditions; and it is equally impossible for the vital functions to be performed perfectly.

The Sympathetic System The second great division of the nervous system is centered in chains or knots of nerve ganglia connected by nerve fibers situated along both sides of the spinal column. The right and left chains of ganglia are connected by fibers running across the spinal column. These ganglia or knots of nerve cells extend the entire length of the trunk. Amongst the many there are three large centers of them: One high in the chest; one, the largest of all, the solar plexus, sometimes called the abdominal brain, just behind the stomach; and one, almost as large, in the pelvic cavity. From such nerve centers nerve fibers run to and along the arteries and veins throughout the entire body, following them to the minutest capillaries, and into the brain itself.

Remote Symptoms Explained The function of these sympathetic nerves is to dilate and contract the blood vessels, and hence they are known as the vaso-motor, or vessel-moving, nerves. Branches of them control the action of the arteries in every part of the body, regulating the blood supply, or the circulation, in the heart, lungs, stomach, intestines, liver, spleen, etc.

All parts of this system are so intimately connected

that no sooner does a congestion or an inflammation arise than the result which it produces passes through the sympathetic and the sensory systems of nerves to the adjacent parts of the body, also affecting that area in the spinal cord and brain which governs these parts.

Inflammatory and other morbid conditions are constantly pouring poisonous matter into the blood. This naturally lowers the tone of the nerve cells—reduces their capacity for performing their peculiar functions, especially their function of maintaining the free and perfect circulation of the blood to all parts of the body, and thus disturbance of the circulation is increased. In the same way, the cells of the muscles and other tissues receiving improper blood are not properly nourished, and they, too, lose their tone. The brain, also suffers, and its power to perform its functions is impaired. Little by little the entire nervous system is affected. Its functions are performed with more and more of wear and tear, and at a greater and greater expenditure of what is called nerve force. Nervous exhaustion and finally nervous prostration may thus come from lack of nourishment of the brain and nervous system, and from poisoning by the impurities with which the blood is filled.

	Nervous prostration may also come
Excessive Use of	from an excessive use of nerve force.
Nerve Force	This may be from worry, or overwork,
	or from grief, or from exhausting
	emotions, or from the constant irritation of pain, for
	these all use up nerve force. Nervous prostration is
	the cumulative effect of drain on the nervous vitality by
	great mental, emotional or muscular activity, or by all
	of them.

As the nervous system governs the supply of blood to every part of the body, including the brain and the nervous system, it follows that with every impairment of the nervous system, every lowering of the nerve tone, the nice and necessary adjustments of the blood supply to the various parts of the body may be interfered

with, and congestions become more frequent and inflammation more certain and extensive. This in turn still further interferes with the proper circulation and purification of the blood. There is a lowering of vital energy, and the system gradually falls into a condition of malnutrition.

**Recuperative
Processes**

When, through the recuperative processes, the nervous system can be given natural assistance so that it will be enabled to become stronger, and gradually regain its tone, it will regain its proper control of the circulation, congestion will be removed, and the inflammation that results from it will be overcome. The impurities poured into the blood will be diminished. Little by little the cells throughout the body, those of the nervous system as well as of the other tissues, will be better nourished, each organ of the body will be better enabled to perform its functions, and gradually health will be restored. The purpose in using Viavi is to furnish the assistance which the recuperative power needs and may use to restore the nervous system and thus bring health by removing the cause of its loss.

**Health
Restored**

An illustration of this is given in the experience of a minister's wife, in California (1606), who suffered a nervous breakdown following a severe attack of diphtheria. She could not sleep, sometimes going as long as six days without rest or sleep, and thought she would lose her mind.

When friends told her what others had accomplished through using Viavi, she began its use. Her recuperative forces began their work of restoration, and in time she grew back to health.

**Nervous
Prostration**

A father and mother, in Ohio (1332), wrote that their daughter became very low with nervous prostration following childbirth. Her mind became affected, she became indifferent to everything, even losing interest in her baby. She was treated by several

physicians and was finally operated upon, but no benefits were obtained. The parents supplied Viavi to the daughter's recuperative power, and in about seven months she grew back to health.

Minister's A man, in New Brunswick (1120),
Health Restored wrote that under the stress of years of strenuous ministerial work, his health broke down to such an extent

that he was discouraged and despondent, and despaired of life. He took little food, and could not sleep without the use of drugs. Eminent physicians were consulted without avail. He used Viavi, and eighteen months after beginning its use had restored his health to such an extent that he engaged in farming, doing most of the work himself. Three years after beginning the use of Viavi he was able to resume ministerial duties, and nine years later, when sixty-three years old, wrote that he remained well.

The Real We tell these details so that you may
Restorer realize how much these persons suffered, and how positively well they became when Viavi was furnished to their recuperative power. We want to make clear throughout this book, that the recuperative power is the real, active, restorative and healing agent, and Viavi the means which it has used in its restorative processes.

Extreme Another man, in Utah (3089), suffered
Nervousness with extreme nervousness, following severe rectal trouble which was aggravated by an attack of influenza. He was greatly depressed and life was a burden. After failing to restore his health through any of the means used, he used Viavi, and afterwards wrote that his improvement was wonderful—so much so that he was able to carry on his business as contractor and builder.

A woman, in Iowa (2157), wrote that she suffered with nervousness and severe headaches which came chiefly at her periods. She consulted the best specialists

she knew, but nothing which they supplied to her recuperative power brought relief except morphine, which, of course, afforded only temporary relief. She was led to use Viavi, and restored her health. She became pregnant, and was only one and a quarter hours in labor, giving birth to a lovely baby, the picture of health. Her own health, she said, was as perfect as could be.

**Nervous
Wreck**

A woman, in England (2466), became a complete nervous wreck as a result of years of ill health. For seven years she was in almost constant pain. The least mental or physical exertion brought on frightful headaches which lasted two or three days, leaving her completely exhausted. She used innumerable remedies—took massages, hydropathy, electricity, and sea voyages, all without benefit, and resigned herself to chronic invalidism. She then used Viavi. Her recuperative forces responded, and little by little she regained her health.

**Nervousness,
Severe Headaches**

A woman, in Scotland (2452), wrote that her suffering began twenty-five years previously, at childbirth. She was extremely nervous, and had severe headaches almost constantly. She could not go about or be in social gatherings without becoming ill, and was confined to the house for weeks at a time. Her husband led her to furnish Viavi to her recuperative power, and she gradually grew back to health. She now feels that life and work are a pleasure instead of a burden, and is very glad of the opportunity to tell of the benefits received through the use of Viavi.

**Always Felt
Tired**

A woman, in New Zealand (2529), wrote of her experience with the use of Viavi. Her trouble began with a constant tired feeling. She did not sleep well, had indigestion very badly, and suffered extremely with headache and backache. She became morbid and low spirited, often wishing herself dead. Nothing her physicians did seemed to benefit her. She was

led to use Viavi, and in two years completely regained her health.

Nervous Breakdown A woman, in Canada (3996), had a nervous breakdown caused by her husband's sudden death. Her nervousness was increased by the additional care of her family. The stomach, bowels, and kidneys became so affected that they could not perform their functions properly. There was no organic trouble, she was told, but the human machine was so affected through nervousness that it could not do its work. She went to one of the best hospitals in Ontario for two months, having splendid care, good food, massage, and rest. She came home rested, but otherwise no better. She was led to use Viavi, and steadily improved until her health was completely regained. Eight years afterwards she wrote: "I am well and strong, able to do my housework." Eleven years later she wrote that she was still well.

We have space for only a few of the letters we have received from men and women who suffered from nervous breakdown due to various causes and restored themselves through the use of Viavi. But we shall be glad to send you these or others if you are interested or desire them. Address any Viavi office.

Ninety-nine out of every hundred who have restored their health through the use of Viavi, were physical failures, that is, they had not been able to restore their health through any of the means which they had previously used.

CHAPTER III

HEALTH OF BODY IN RELATION TO HEALTH OF MIND

THE mind and body greatly influence each other. The condition of the body affects the attitude of the mind, and the mind in its workings and attitudes often greatly affects the condition of the body. Thus the processes of getting well and of keeping well are often greatly influenced by the mind's attitude and habit of thought. "A cheerful heart doeth good."

The Will to Get Well

A sound, vigorous body gives the mind freedom and strength for development; a diseased body irritates the mind more or less and injures the working of the brain, which is the organ of the mind and the center of the vital forces. The will to get well creates the belief that one can get well, which naturally leads to the thinking and the doing of right and reasonable things to bring about health. The lack of will to get well, the yielding to discouragement, is just as positive a force against recovery.

Disease of Mind and Body

Physical disease accounts indirectly for a large percentage of insanity. Among men, dissipation or other ruinous self-indulgences, as well as diseases or disorders that draw heavily on the nervous vitality, are common causes. A large percentage of women in lunatic asylums are said to owe their condition to diseases peculiar to women. These diseases, because of the steady, wearing pain and the disorder of all bodily functions they cause, make such heavy drafts on the nervous vitality that reason is unbalanced. But appalling as the number of these extreme cases is, the infinite gradations of mental unsoundness, all the way down

to the slightest nervousness, cause a greater aggregate of suffering; for every one of them means the impairment of a life—often the life of a wife and mother, with its unhappy influence on the home. Restoration from these conditions benefits not only the sufferer but all upon whom the cloud of her condition falls.

The more seriously the nerves are affected the greater the harm to the brain and the nervous system. Every unnatural draft lessens the ability of the nerves to do their work properly.

The nervous system may suddenly and completely collapse under a severe injury or strain. That is nervous prostration. Another form of nervous prostration is shock, one of the conditions most dreaded in operations. If very severe, it may be fatal.

**The Effect of
Constant Wear**

A minor ailment long sustained has a cumulative effect. A seemingly insignificant disease maintains a constant nagging of the entire nervous system, and as this represents a steady use of nerve force without a compensating regeneration, there is gradual deterioration, until a serious condition presents itself. It is like the constant dripping of water. The serious thing is that it is impossible to see from day to day that any change is taking place; but the time comes when the effect is seen.

Disease saps the strength that the body needs; and every part and organ feels its effect, but most severely the parts or organs that have an inherent weakness. But more distressing than the physical derangements are those of the mind.

**Curable and
Incurable**

The afflicted are beset by worries. Things that cause others no uneasiness are formidable to them. They find the ordinary tasks and crosses of life, so useful to healthy persons in developing strength and character, taking the sweetness out of life. Many have given up and died because they were told their condition was incurable, when, as a matter of fact, it can-

not be known that any condition is incurable. The term incurable does not signify a limitation of Nature's power, but man's experience.

Thousands who have regained their health through the use of Viavi have learned the force of this all-important conception: That the power to get well is in your own body and no one can use it but you. It is a very simple, but wonderful truth. It is our hope that you may realize this truth.

CHAPTER IV

SOMETHING ABOUT INSOMNIA

IT is through sleep that recuperation of used-up forces is secured. Sleep is normally desired when fatigue arrives. The forces are fresh and strong after sleep, but if sleep is not secured, weariness and depression are experienced, oftentimes with accompanying pain such as headache.

Assimilation and Repair

There is a special system of nerves called the sympathetic system, whose work is to direct what are called the vegetative functions. Its forces have to do with nutrition and growth. It prepares the food within the body for assimilation, and controls the proper elimination of bodily waste. It is in the closest relation with the higher nervous forces, and when the higher forces of the nervous system are in full activity, that is to say, when we work, think, or feel, the assimilative powers, upon which nutrition and recuperation depend, are not fully exercised, hence consumption is greater than repair.

Why Sleep is Induced

In health, the sympathetic system will yield the right of way to a certain point only, and then assumes control, for its recuperative processes are needed for health. When consumption of energy reaches a point where general economy would suffer if the consumption was not interrupted, there comes a demand for sleep, to which the higher forces yield. If they refuse through a perverse exercise of the will, or are unable to yield because of a derangement that places them beyond control, sleep is kept at bay, the sympathetic system cannot do its recuperative work, and a breaking down process ensues. But in health the sympa-

thetic system exercises its intelligent power, causing a feeling of drowsiness to steal over the senses, the eyelids to grow heavy, and slumber puts the body to rest.

**Use of Drugs
a Betrayal**

What if the strain has gone so far that the sympathetic system itself has become weakened, and cannot enforce its demands? Narcotics are a form of violence to the brain or heart functions. Healthful sleep must be brought about in a natural way. Sleep will follow a restoration of the conditions which interfere with it. Natural sleep is an accompaniment of health. Many men and women have overcome serious and long continued insomnia through the use of Viavi.

**Insomnia from
Poisoning**

A man, in Pennsylvania (4519), wrote of suffering with insomnia following ptomaine poisoning and stomach trouble. He could not eat, had profuse night sweats, and could not sleep. He used Viavi, and in a short time was able to sleep. In time his health was restored. He wrote several years after his restoration saying he had had no return of his trouble.

**Insomnia,
Brain Fag**

A man, in the West Indies (4516), suffered severely from insomnia following brain fag and nervous collapse. Recovery seemed impossible as he got no substantial help from anything he used, although he had the best medical advice. As a last resort he furnished Viavi to his recuperative forces. Response was prompt, and in a comparatively short time he restored his health completely, and overcame the insomnia.

**Years of
Insomnia**

Another sufferer, in Ireland (2524), wrote that she began suffering at twenty-five with insomnia following displacement, painful menstruation, and anemia. She consulted specialists who diagnosed the trouble, and inserted a support which was followed by an aggravation of the displacement, ovarian conges-

tion, and constipation. Her suffering became so intense that nights were sleepless. She used Viavi, and in a comparatively short time enjoyed natural sleep, was able to remove the pessary, and grew back to health.

Nature's
Resourcefulness A woman, in Pennsylvania (3934), suffered with insomnia following an abscess on the left ovary. She could sleep but a few hours each night, and

became so nervous that she cried for hours at a time. She gradually lost flesh and became so weak that an operation was suggested as the only hope of relief. But upon examination that was found impossible owing to adhesions which had formed between the ovary and the bowels. Viavi was supplied to her recuperative power. Response was prompt; she slept better, and before long the abscess discharged through the bowels. This was made possible by an ingenious resource of Nature. An adhesion was formed between the ovary and the bowel. Then an aperture was made through the adhesion, permitting the contents of the abscess on the ovary to discharge into the bowel and pass out of the body. Nature healed this temporary aperture and then dissolved the adhesion. The sufferer became entirely well at the end of a year or so, and a number of years later wrote that she continued well.

The processes of the recuperative power in the body, which seemingly has all the organs, tissues, nerves and even the brain itself at its command and control, are still shrouded in mystery. We may not know how these processes are brought about, but the results following the use of Viavi show that Viavi was a means it used. (See chapter on Adhesions and Tumors.)

Neuralgia,
Insomnia A woman, in Oregon (2769), wrote that she suffered from painful menstruation, constipation, prolapsus, and neuralgia. Change of climate and

travel failed to restore her health, and her physician pronounced her condition incurable. She became a nervous wreck, unable to sleep. Viavi was supplied to her

recuperative power, and the many conditions causing the nervous breakdown and insomnia were overcome. Twenty years later she still remained well.

We have space for only a few of the letters received from men and women who suffered from insomnia due to various causes and restored themselves through the use of Viavi. But we shall be glad to send you these or others if you are interested or desire them. Address any Viavi office.

CHAPTER V

SOME OF THE CAUSES OF NERVOUS DEBILITY

MANY suffer from nervous debility. Continued nervous irritation depletes the nervous vitality so that neither mind nor body can function well or smoothly. Work of mind and body is carried on imperfectly. In this chapter we emphasize nervous debility in men and women due to diseases other than those peculiar to each.

Effects of Deterioration	A man should be in his prime between the fortieth and sixtieth year, and long after this age his physical and mental capabilities should respond promptly to any judicious demand. He needs, and should have, stability, endurance, and freedom from pain. Instead of that, he is too often, a sufferer or a wreck. Dyspepsia brings its torments. Hemorrhoids sap the strength and destroy comfort. The bladder causes trouble. Neuralgia, headaches, insomnia, or rheumatism add their miseries. Gout brings agonies. Diabetes, Bright's disease, asthma, gall stones, stone in the bladder, and other afflictions occur.
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A Vicious Circle	A condition is serious in proportion to its general effect. The two principal ways in which the general economy is affected by disease are, a disturbance of nutrition, and, impairment of nerve function. Thus, dyspepsia prevents the proper digestion of food, and the system is not properly fed. As a consequence strength is not maintained, and disease finds lodgment. The effect upon the nervous system in that case is secondary. Nervous weakness caused the dyspepsia, and dyspepsia in turn further increased the nervous weak-
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ness. One local disease may injure the nervous system much more than another.

These, and many other conditions, are really due to a depletion of nervous force. There has been such wear or derangement of the nervous vitality that the nerves and nervous system are not able to direct and control the various functions of the body properly. Nutrition may be faulty, elimination defective, or the internal secretions mal-adjusted. Life goes on, but without the rest or comfort of normal living, and normal mental or physical capacities.

**The Obvious
Way Out**

Obviously, the way out of these conditions is to restore nervous vitality and tone to the nervous system. The nervous debility must be overcome. All contributing causes must be removed or avoided. The wise course is not to wait until the more alarming symptoms appear, for the more we wear or derange the nervous system the harder it is to restore it, and the longer time the process takes.

The purpose in using Viavi is to supply to the recuperative power a means it may use to overcome the conditions present. As the nerve centers are gradually restored they resume their normal power of directing and controlling the functions of the various organs of the body. The flow of blood in the arteries becomes responsive to the ever varying needs of each organ and part of the body. These, given their normal supply of healthy blood, are able to function as they should. The processes of digestion go on as they ought; food is converted into life-giving nutriment, and assimilated. The organs of elimination do their work as they should, so that the waste from the operation of the vital functions are removed. The nice balance of nutrition and waste is restored. Each step in this process reacts on the nerves and nervous system, bringing them the power to perform their most important work, that of co-ordinating the functions of all the other organs.

**The Rate of the
Process**

The rapidity of this process varies with each individual. It depends on the extent of the derangement, the strength of the individual, and the care exercised to avoid every cause that interferes with the process, such as improper or un-hygienic habits of life, inappropriate diet, exhausting activities, or strain from mental worry.

Many have overcome these conditions of nervous debility through the use of Viavi, but there has been a great variation in the details and length of time required.

**Nervous
Exhaustion**

A minister, in Prince Edward Island (3830), after twenty years of active ministerial work, broke down from complete nervous exhaustion. A friend told him of an evangelist who had recovered from nervous prostration through the use of Viavi. This sufferer used Viavi, and in a comparatively short time slept better, and was soon able to discharge his ministerial duties with steadier nerves and less weariness. His improvement continued until he was able to do the work of a large circuit. He wrote seven years later saying he was still active and well.

**Neurasthenia,
Insomnia**

A man, in Texas (979), wrote that he was a complete nervous wreck. Digestion was so impaired that he was unable to digest the most nutritious food. He was treated by several physicians but without benefit. He began the use of Viavi and improvement was soon perceptible. He could sleep all night without awaking and without tossing. In time he became entirely well. Writing three years later, he said that none of his old ailments had returned.

**The Agony of
Neuritis**

A man, in New York State (4521), wrote of a severe attack of neuritis which his medical advisor informed him caused his nervous prostration.

He suffered agony from the pain, and there was shrinking of muscular tissues in the back and knees. Sleep was impossible for more than an hour at a time. He supplied Viavi to his recuperative forces generously. Relief soon came, and he gradually regained his normal condition, and has been strong and well since.

A man, in New Jersey (4524), was a confirmed dyspeptic for over twenty years, becoming a nervous wreck. He suffered with pain in the stomach and looseness of the bowels, but although treated by the best physicians, received only temporary relief. He used Viavi and regained his health. Eighteen months later he wrote that he still enjoyed the best of health.

**The Miracle of
Getting Well**

The recuperative power, the power which restores, is in one's own body, and no one can use it but the individual. Call this power Nature, vital force, nerve force, nerve energy, recuperative power, recuperative intelligence, or what you will, the fact still remains that it is in the individual's body, and no one can use it but him. The miracle of getting well is a personal, individual experience, and faith in its possibility must precede action. Faith is more easily engendered when we realize that whatever we may call this power, it has always existed, and has the accumulated wisdom of ages. It has been maintaining the body in its daily wear and waste, and restoring it when ill.

**Health Comes
from Within**

Restoration is not something that can be given or withheld by some one or some thing outside of ourselves. When the recuperative forces can use the material or means supplied, recuperation follows, within human limitation. How soon one may expect to regain health through the use of Viavi depends upon how fortunate one may be in absorbing, and one's recuperative power in using, Viavi. The more Viavi one's recuperative power can use, the more rapidly one may expect to regain health. In what way the recuperative processes use Viavi we do not know, but that it has been used is

evidenced by the thousands upon thousands who have regained health through its use, after they failed to regain it through any other means used.

We have space for only a few of the letters received from men and women who suffered with nervous debility due to various causes and restored themselves through the use of Viavi. But we shall be glad to send you these or others if you are interested and desire them. Address any Viavi office.

CHAPTER VI

ABOUT THE SPINE AND THE BACK

IN the structure and functions of the body the spine plays an important part. It is the axis both of the muscular and the nervous system. In their arrangement and support the vital organs are dependent on it. The arrangement and distribution of the nerves and nerve centers of the body have an especially important relation to it. Therefore, these facts should be kept in mind in the consideration of restorative measures. There is not a vital function or organ which may not be favorably influenced through appropriate measures directly affecting the nerve centers in the spine and back.

**Importance
of the Spine**

The spine is a column composed of thirty-three short bones, called vertebrae; they are separated by tough cushions of cartilage. The seven upper bones constitute the cervical part of the column; the following twelve, the dorsal; then come five in the lumbar region, or small of the back; five more in the sacrum, and four in the coccyx.

The spine supports the weight of the head, the ribs are attached to it, and it connects the bones of the chest with those of the pelvis. The cavities in the vertebrae form a secure canal for the spinal cord. The spinal cord does not entirely fill the bony spinal canal, which also accommodates the membranes that surround the cord, together with a connective tissue and a plexus of large blood vessels. Because of this dense network of arteries and veins in these membranes they may become congested and inflamed. Spinal meningitis, is inflammation in the membranes covering the spinal cord.

**Cause of Spinal
Irritation**

The nerves pass in and out of the spinal canal through openings between the vertebrae on their way to and from other parts of the body and the spinal cord and brain. Owing to the curves of the spine and the large number of bones composing it, and to its discs of cartilage by which they are separated, shocks to it are greatly lessened. The column is constantly liable to shocks and pressure from walking, jumping, sitting down hard, falls, blows on the head, etc. It will be seen how necessary it is to possess a firm spinal column, and strong and elastic muscles.

The nervous sensations from strain or injury in affected organs are transmitted through the nerve centers and fibers of the spinal cord to the brain, often producing irritation and pain both in the cord and brain. This has often given rise to an incorrect diagnosis. Diseases have been diagnosed as originating in the spinal cord when in fact their origin was otherwise.

**Blood Supply
of the Spine**

Spinal irritation may arise within or without the spinal column. An abnormal condition of the blood supply within the spinal column can easily give rise to spinal congestion and inflammation, which in time may lead to the most complicated reflexes in the various nerve centers of the spine and through them to the different organs and parts of the body, causing much pain and suffering. Understanding that both arteries and veins occupy this canal, with the spinal cord, and that impeded circulation in either arteries or veins causes their caliber to enlarge, it can be understood how necessary it is that both general and local circulation be normal, in order that there be no undue congestion, inflammation and pressure within this canal.

**Reflex
Pains**

The irritation of one center in the cord may be transmitted to another, thus setting up new centers of disturbance. Irritation of the spinal cord may produce pain in many parts of the body. This ex-

emplifies the necessity of considering the body as a whole instead of as a collection of independent parts or organs.

**Effects of
Spinal Irritation**

There may be pain in the back of the head at the nape of the neck; a sore or sensitive spot or spots in the spine, easily detected by pressure (sometimes near the surface and at other times deeply seated); a continual burning sensation of a part or the whole length; pain in the back just above or below the waist line, which aches like a tooth or as if it would break in two; "opening and shutting" sensation in the vertebrae; pain in the back of the head; stiffness of the neck, etc. Remote but reflex ills may also arise, such as headaches, insomnia, fainting, palpitation, black spots or streaks before the eyes, (which may be sore upon pressure) trembling of the body and limbs. Such sufferers are irritable and easily depressed, dizzy, apprehensive, forgetful, sensitive, cry easily, and have cold extremities. There may be noises in the ears and inability to concentrate the mind.

**Conditions
Overcome**

Here is the experience of a woman, in England (2509), who suffered intensely. She could not walk on her heels, as doing so seemed to jar the spine, causing severe pain. This condition followed leucorrhea, nervousness, and general depression. She suffered at the age of eighteen with throat trouble, had blood poisoning in her right hand at thirty, and spinal irritation at the age of thirty-seven. She furnished Viavi to her recuperative power, and health was completely regained. Three years later she wrote that she was fit for all duties, able to walk with perfect freedom, and all disagreeable symptoms had entirely disappeared.

**Paralysis of
Both Legs**

A woman, in Canada (2829), suffered extremely for years with paralysis of both legs. Her doctors gave her up, saying it was a spinal disease never to

be cured. In her extremity she furnished Viavi to her recuperative power, and three years later wrote she was able to walk, do her house work, and enjoy good health.

**Diagnosed as
Meningitis** A mother, in Pennsylvania (2913), wrote that her little girl's condition had been diagnosed as tubercular meningitis. She had been bedridden for months, and although thirteen years old, looked like a child of eight. Her left side was undeveloped, so much so that it seemed as though she had no ribs on that side. She was extremely emaciated, had severe spasmodic coughing spells, one lung was said to be gone, and the tubercular condition thought to be spreading.

**A Marvelous
Restoration** The mother furnished Viavi to the recuperative power within this shrunken body. It seemed to drink in all the Viavi that was used upon it. The left side developed, her body filled out, and the child looked so well that one scarcely realized she was the little emaciated creature of some months before. Her pastor, on seeing her, said, "The days of miracles are not yet passed, and God's hand is shown in the use of Viavi."

He spoke a deeper truth than he may have realized, for the recuperative power is placed in our bodies by the Creator, and when provided with a means it can use, often restores health in a way that seems miraculous. Writing later, the mother said her daughter had grown and developed normally.

**Spinal
Meningitis** A woman, in California (925), wrote that she had a severe fall which injured her spine, and after years of suffering, left her an invalid. Her condition was diagnosed as spinal meningitis. The muscles were so drawn at times that her head and heels almost met. She used Viavi and became well; and eighteen years later wrote that her good health continued.

**The Purpose in
Using Viavi**

The purpose in using Viavi is to assist Nature by furnishing means which may be used to restore the disturbed nerve centers of the brain and spine, as well as the nerves leading from the spinal cord to the affected internal organs and parts. In helpful furtherance of this purpose Viavi Cerate is applied thoroughly over the whole length of the spine and back as well as over the affected parts. It is in the spinal region that some of the ganglia of the sympathetic system, through which the vital functions are performed, may be most readily reached.

**Reflex
Disturbances**

Disorders in the sympathetic nerve centers affecting the circulation, may result in disturbance of function in the organs of the chest, back, abdomen, or pelvic cavity. Conversely, congestion in any of these organs may give rise to a great diversity of conditions in spine and brain which are usually looked upon as separate diseases and given distinct names, although each of them is the result of lessened nerve control and consequent derangement of the circulation.

Disturbances in these organs are often manifested by congestion and congested areas in the spinal cord and in the muscles of the back. The importance of reaching the nerve centers is obvious. With their restoration, the conditions created by their disturbance will be removed, no matter where or how remote. With regained nerve control of the circulation, congestion will be removed, and reflex effects, or disturbance of function will disappear.

**The Muscles
of the Back**

The muscles, upon which the strength, activity, and erectness of the body depend in such a great degree, are located in this region.

A man, writing from Philadelphia (3379), told of the muscular development of his back following his use of Viavi. He says: "My back and lumbar muscles seem more solid, the curvature has disappeared, and the

snappy sensation or noise that I used to have at every misstep has also disappeared. My appetite is fine and my vitality inexhaustible."

Could Not
Walk

Illustrating how derangements in one part of the body may be followed by trouble in other parts, a young woman, in Nebraska (4017), tells how she suffered with blood poisoning followed by tonsillar and adenoid removal. She became very nervous and the muscles of the back and legs were affected so that she could not walk without help. Several physicians treated her without benefit, and finally said she would never walk again.

She furnished Viavi to her recuperative power, and ten months later was entirely well. She was able to return to school, from which she had been absent for three years, and able to take an active part in various activities.

Stiffened
Spine

A sufferer, in Illinois (874), was an invalid for six years. Her spine was stiffened, and her head drawn back. Large knots formed on the back of the neck which were said to be tumors, by her physician. Every organ seemed affected. She wrote: "My back pained me so it felt as if someone was raking the flesh from it. My hair, eyebrows and eyelashes came out. I suffered untold agony. It seemed as if I never slept and when my eyes closed, terrible objects would seem to tear me to pieces."

Specialists said the ovaries were diseased, the womb, heavy and inflamed, rested upon the rectum and spine causing constipation. She grew worse, and an operation was advised as the only hope. She used Viavi and regained complete health, writing that she has "enjoyed perfect health ever since." The knots on the back of the neck disappeared, her hair grew again, and menstruation became normal.

**The Miracle of
Getting Well**

The miracle of getting well is a personal, individual experience, and faith in the possibility of getting well must precede action. The recuperative power by which and through which alone we can get well, is in our bodies. This recuperative power carries on its processes through the nervous system. Our responsibility is to furnish the material or the means which it can use. We can best know what our recuperative power may use by the experience of other sufferers. No one can get well for us; we must do it ourselves. We repeat this truth again and again because it is important and vital. And yet, sufferers are constantly being led away from it.

We have space for only a few of the letters received from men and women who suffered from conditions manifesting themselves in the spine and back who restored themselves through the use of Viavi. But we shall be glad to send you these or others if you are interested and desire them. Address any Viavi office.

CHAPTER VII

ABOUT THE BLOOD AND THE CIRCULATION

THE blood is the medium through which the recuperative power carries on the nutritive and eliminative processes of the body. The nutriment it carries supplies every cell of every part and organ. The primary source of this nutriment is the air we breathe, the liquid we drink and the food we eat. The blood is complex in its composition, and is the refined result of many wonderful processes within the body.

The Current of Life

When these processes go on as they should and the blood is of normal quantity and composition, and circulates freely, every cell is appropriately nourished and the waste products of the cells are carried away to be eliminated from the body. This whole process is called metabolism. When, from any cause, the blood is not of the right composition or is not sufficient in quantity or does not circulate freely, all the cells may not receive their appropriate nourishment, nor all the waste products be carried away; and conditions of disorder, infection and disease are created.

When the nerves controlling the circulation lose their tone, or their power to appropriately relax and contract the blood vessels and thus keep the blood moving normally, some of the organs and tissues of the body will not be properly nourished even though the quality of the blood may be good, nor will all the waste arising from the processes of living be carried away from these organs and be eliminated as it should.

**A Serious
Matter**

Too much blood sent to any organ or part is a serious matter. It is known as congestion and is followed by inflammation. A very large proportion of disorders, many of which have been given formidable names, are primarily due to this lessened nerve control of the circulation whereby too much blood is sent to some part or organ. In women particularly, many of the painful and wearing pelvic conditions from which they suffer, have their origin in congestion resulting from lessened nerve control of the circulation. The purpose should be to help Nature restore normal nerve control of the circulation whereby the cause of the disorder is removed.

**The Blood
Corpuscles**

The blood is a transparent fluid carrying red and white corpuscles. The red corpuscles are minute discs and are very numerous; they give the blood in the arteries its rich crimson color, due to some of their ingredients, oxygen, iron, etc. The white corpuscles are larger and fewer, and possess the curious power of spontaneous movement. The white corpuscles creep slowly along the sides of the blood vessels, while the red occupy the center of the stream and hurry along. These latter carry the elements needed by the tissues. One of the offices of the white corpuscles is to attack and destroy disease-producing organisms.

**The Arteries
and Veins**

The blood carries the nutritive elements. As it circulates through the body each cell of each organ or part has the wisdom to secure from it what it needs and gives up to it what it wishes to discard. With two exceptions—the pulmonary artery which conveys venous blood from the heart to the lungs for purification and the pulmonary vein which conveys arterial blood back to the heart from the lungs—the arteries carry nourishment and the veins waste. It is in the capillaries, the minute blood vessels in which the arteries terminate and the veins begin, that the exchange of nourishment for waste is made.

**Distribution
of Nutriment**

Food, taken through the mouth, passes into the stomach, and later into the bowels. Without conscious effort it is changed by chemical and mechanical processes into a liquid form, such elements as are not suitable for nutrition being finally expelled as feces. Some of it is taken up in the portal system and emptied into the liver and then into the circulation. Some of it is taken up by special vessels called the lymphatic ducts, and transported to and emptied into the veins. Thus digestion in the stomach and bowels supplies nutriment to the blood, which in turn conveys it to all parts of the body. Each part then selects the particular elements it needs.

**The Process of
Circulation**

The heart, the lungs, the arteries, the veins and the capillaries are all controlled, as is every organ and tissue in the body, by special brain or nerve centers operating through the nerves.

The business of the heart is to force the blood through the arteries to all parts of the body; that of the veins to return the blood to the heart; that of the heart, again, to send to the lungs the blood that it has received from the veins; and that of the lungs to purify this blood and return it to the heart, whence it is again sent out through the arteries. All of these changes of the blood's location are under the control of the nervous system.

**The Heart a
Muscular Pump**

The heart is a very strong muscular pump, divided into four chambers, two for receiving and sending out the arterial blood, and two for receiving and sending out the venous blood. This wonderful little organ seemingly never rests; however, like the body as a whole, it rests about a third of the time, having a short pause between beats.

The dark color of the venous blood is due to the impurities or waste which it has gathered up in every

part of the body. Along with this waste is the rich nutriment which the venous blood has received from the digestive system; but it is not used until it has been sent by the heart to the lungs, then back to the heart, from which it is sent through the arteries to all parts of the body.

Phenomenon of Breathing The blood is purified in a most ingenious manner. Upon entering the lungs it distributes itself throughout that spongy organ; the vessels carrying it, completely surround the small air spaces with which the lungs are filled. When we breathe, the air passes down the trachea (windpipe), which subdivides into numerous tubes called the bronchi (bronchial tubes), and these, subdividing as they proceed, terminate in minute bulbs, or small air spaces, in the lungs.

Oxygenization of the Blood When the oxygen of the air in the lungs comes in close contact with the impure blood in the blood vessels—a thin wall of tissue intervening—a transformation takes place. The blood becomes bright red again and goes on its way loaded with the life-giving properties of the air and nutriment.

Work Done in Capillaries The arteries, rising from the heart, are large muscular tubes, but as they proceed subdivide again and again, becoming smaller and smaller until they dwindle to microscopic threads which are called capillaries. It is in the capillaries that the great work of the blood and circulation is done. It is there that the nutriment of the blood is taken up by the tissue cells which also pass their waste into the blood. At one end of the capillaries is the pure arterial blood, and at the other the impure venous blood, for the further ends of the capillaries merge into minute veins, which in turn unite to form larger veins, and so on, reversing the order of the subdivision of the arteries.

**Nervous
Vitality**

A number of things may happen to produce derangement in the elaborate process of the circulation. The blood must be rich in the right kind of nutritive elements, and must circulate properly. If the walls of the blood vessels are weak and relaxed, their calibre increases, and larger quantities of blood are held in them. This condition of the blood vessels is called lack of tone.

Full and free circulation of the blood depends upon the power of the nervous system to control all the organs and factors of the circulation so that the supply of blood to every part and organ is accurately adjusted to its needs. This power of control, in the sum of all its functions, has been called the nervous vitality of the body. We do not know what it is, but we do know what it does. It controls our impulses, our sensations, our thoughts and actions; it governs all the processes of living; it regulates the distribution of nourishment and the elimination of waste and impurities through the elastic tubes, the arteries and veins, which the nerves cause to contract and expand, thus allowing them to convey more or less blood to any part of the body with its ever-changing needs.

**Diminished
Nerve Control**

When this nervous vitality is lowered, the nerve control of the arteries is diminished, permitting congestion of blood in various parts of the body. Congestion is an increased gathering of blood at some particular place. It may be natural or unnatural. Natural congestion (hyperaemia) results from subconscious excitement of the nerves manifested in blushing, watering of the mouth, normal menstruation, the flow of blood to muscles that are being actively used, or to the stomach to digest food, or to any other part or organ of the body called for by the functions of that part or organ. Unnatural congestion results from lessened nerve control of the arteries and veins and may occur in any part of the body. When an abnormal amount of blood

thus collects in one place it must always be at the sacrifice of a proper supply to other places. Every function of the body requires an appropriate and rapidly moving blood supply, and if this adjustment of supply is disturbed by congestion anywhere, some function or functions are bound to be interfered with.

**The End
Sought**

To restore normal conditions, the congestion and the cause of the congestion must be overcome. The nervous vitality must be aroused. The nerves must be assisted to regain their appropriate control of the circulation. Tone must be restored to the weakened blood vessels enabling them to perform their part in the process of circulation. The purpose sought in the use of Viavi is to assist in a return to natural conditions, by furnishing to the recuperative power a means which it may use to arouse the nervous vitality and to restore a normal circulation, thus enabling the body to regain its normal condition of health—a perfectly natural means to obtain a natural end.

CHAPTER VIII

ABOUT INFLAMMATION AND CONGESTION

THE increased supply of blood to an organ, for the purpose of enabling the organ to perform its work or to repair an injury to the body, is hyperaemia, a natural congestion, and therefore healthy and painless.

Two Kinds of Congestion

There is a vital difference between natural and unnatural congestion. When blood, unneeded, accumulates in a place or organ, it produces congestion, which results in inflammation. Congestion and inflammation are always evidenced by an unnatural accumulation of blood. The blood, of course, is subject to gravitation. Were it not for certain very ingenious contrivances, all the blood would settle to the feet and legs when we stand, or to the under part of the body when we lie down. The veins, those vessels which carry the blood back to the heart, are supplied with valves, similar to those of a pump, which keep the blood from returning after having passed them. This prevents its settling by gravitation. There is an important exception, however, in the veins of the rectum. There is an absence of valves in these, promoting a very free inter-communication in the veins of the bladder, rectum and reproductive organs. Because of the absence of valves in the veins and of the generous blood supply in this region, there is a marked susceptibility to unnatural congestion.

Unnatural Congestion

Unnatural congestion, as we have seen, is the unnatural flow of the blood to a part or organ, and is different from the congestion necessary for the natural function of the part or organ. When the nerve control of the circulation is lessened, expan-

sion and contraction of the arteries do not properly occur; the vessels become congested with blood and the circulation is impeded. The walls of the vessels, being lax, they gradually stretch from the pressure of the congestion, allowing some of the elements of the blood to escape through the walls into the surrounding tissues, causing swelling. Chemical changes take place forming impurities and causing heat, and the cardinal symptoms of inflammation, swelling, pain, tenderness and heat, appear. When these continue, ulceration may follow. Natural function is impaired. The swelling is due to the accumulation of blood; the pain is caused by the pressure of the accumulation upon the multitudinous nerve filaments in the affected region; the tenderness and redness is caused by the distention of the capillaries with blood and the escape of blood into the tissues; the heat is due to chemical changes.

What "itis"
Means

Although all inflammation, wherever found, has the same general character, it has many names to indicate its location. The suffix "itis" appended to the name of the part means inflammation of that part. Thus, laryngitis means inflammation of the larynx; peritonitis, inflammation of the peritoneum; cystitis, inflammation of the bladder (cyst meaning a bag or sac); bronchitis, inflammation of the bronchi. There are many more of these names. They are terms of convenience, but they signify in the main merely the manifestation of the same condition in different parts or organs. They are in reality different names for the same thing, and not different things. They are alike in that there is a lessened nerve control of the circulation, resulting in inflammation. There must be the same process of restoring the nerve control of the circulation to obtain the normal adjustment. This makes it clear why the use of Viavi by the recuperative power has been followed by complete restoration in what seemed so many different diseases.

Not only has inflammation a special name according to its location, but it produces special symptoms as it

impairs the functions of the various organs. Inflammation of the lungs will produce one set of symptoms, of the eyes, another. It is from the symptoms that the location of the inflammation may be discovered. The name is derived from the location.

Effects of Inflammation

An accumulation of fluid in the joints or the pleural cavity, due to inflammation, is termed serous inflammation.

Adhesive or fibrinous inflammation is so called from the sticky substance that exudes, by which two surfaces are quickly united. These are called adhesions. This form of inflammation is oftenest seen in the peritoneal cavity. Extensive adhesions of low-grade tissue will form there in a few hours. Croupous inflammation is so called from the formation of a false membrane upon the surface of an inflamed mucous membrane. Inflammation of the mucous membrane has a tendency to run along the surface.

Defensive Processes

Inflammation frequently occurs as a result of Nature's attempt to protect the body from disease-producing germs or from injuries. Such inflammatory process is one illustration of the recuperative processes of the body.

When the body is injured or is attacked by a disease-producing organism an extra supply of blood is sent to the affected area, where, if an injury has occurred, it helps the reconstructive process, or, if infection has occurred, the white cells of the blood attack the germs and either destroy them or are destroyed. In either case there is cell death, and pus or a suppurative inflammatory process results.

In acute inflammation the swelling, increase of temperature, and all symptoms are rapid and prominent; in chronic inflammation the symptoms are much less marked. Repeated attacks of acute inflammation will bring about a chronic inflammatory condition, and chronic conditions will often be lighted up by acute at-

tacks. When the nerves of a part become impaired, the vitality of the tissues is diminished.

**Nerves
Deadened**

When the diseased condition progresses so far as to lessen or destroy the function of the sensory nerves, pain is reduced, or it may disappear.

This is why there is less pain felt in some chronic conditions than when they are acute. The condition is worse though the discomfort is less. Ulceration is a condition resulting from and following congestion and inflammation. It involves a gradual disintegration and death of the tissues. It is to be overcome by a reversal of the processes of the conditions causing it. The lessened nerve control of the circulation resulting in congestion and inflammation is to be restored. The recuperative power is constantly trying to do this, but it needs intelligent help.

Inflammation is the same, no matter where located. The symptoms change and vary with the function of the organs affected. Inflammation extends from one tissue to another.

**The Use of
Viavi**

Inflammation has often been quickly relieved through the use of Viavi, particularly in acute attacks as in colds and irritating coughs, and in

cases of tissues badly crushed from mechanical injuries. Where the cause of the inflammation is of longer standing, and the inflammation has become chronic, it is natural to expect the recuperative power to take a longer time to overcome it. Local inflammations are discussed under the various headings in other chapters.

CHAPTER IX

ABOUT ABSORPTION, SECRETION AND EXCRETION

ABSORPTION is the taking in of one substance by another. Many of the tissues of the body have the power of taking up or imbibing fluids or other substances, particularly substances which have been digested, for their nourishment. The refined quintessence of these are ultimately transmitted into the blood and afterwards to the organ or part of the body needing or using them. Among the tissues of the body having this power are the skin and mucous membranes.

A Natural Process

Absorption is a natural process and is essential to all forms of life. The blood vessels, the arteries, carry the nutriment that the stomach and intestines prepare, and the tissues in turn absorb this from the blood.

Viavi is prepared so as to be readily absorbed by the skin or the mucous membranes with which it is placed in contact, that it may be carried to the tissue which can utilize it.

Some of the Secretions

Secretion is the separation by gland or tissue of some substance from the blood for some special use. Saliva is secreted by the cells in the glands in the mouth from the blood and poured out for the purpose of moistening the food in mastication, thus making it easy to swallow, and also for the purpose of beginning the process of digestion. The gastric juice is secreted by the cells of the stomach, and plays a part in digestion. Tears are a secretion of the cells in the lachrymal glands. Milk is a secretion of the cells in the glands of the breasts. Bile is a secretion of the cells of the liver.

**Importance of
Good Blood**

In conditions of disturbed nutrition or local inflammation there is excessive secretion. These secretions are necessary to health, but as they all depend upon the blood nourishment of the cells secreting them, two things are evident, viz., that unless the circulation is good, an insufficient quantity of blood will be brought to the organs and the secretion will be deficient; hence the importance of having good blood and a good circulation.

**Hormones and
Endocrines**

Much attention is now being given to the internal secretions of the body. These secretions are called internal because they are poured into the blood instead of into or upon the surface of some organ as the gastric juice, the saliva, or mucus is. The glands which secrete these "hormones," the name given to the secretions of the internal glands, are called the ductless glands, or the endocrine glands. The hormones stimulate the cells of the body and undoubtedly influence nutrition, growth, intelligence and the generative functions, as well as many other activities of the body cells.

**Some of the
Excretions**

Excretion is the throwing off of unnecessary matter. In some instances the excretions of the body are also secretions and serve a useful purpose. Thus, the bile, which is secreted by the liver, and serves some use in digestion, and is useful in causing a movement of the bowels, is an excretion in the sense that it contains elements withdrawn from the blood that would be deleterious to the general economy. Sweat is a watery excretion of the skin, but it carries an oily element that is useful in keeping the outer skin pliable. Urine is an excretion secreted by the kidneys, and, like the feces, or excrement from the bowels, serves no useful purpose, and is intended to be expelled from the system.

**Reabsorption
of Excretions**

When excretions intended by Nature to be promptly eliminated from the body are unduly retained, they are sometimes reabsorbed by the tissues with which they come in contact and are injurious to health. Any disturbance of the circulation prevents the free and rapid elimination of poisonous substances from the body. When the fecal matter is unduly retained, as in constipation, the body absorbs poisonous matter from it, which seriously injures the health. The offensive breath of a constipated person is caused largely by the impure matter being reabsorbed in this way. In Nature's effort to get rid of it, some of it is eliminated through the lungs, tainting the breath. On the other hand, lives have been saved by feeding through the rectum, through the process of absorption. Every mother knows how the baby fattens when rubbed with nutritious oils.

When the urine is unduly retained, poisons are absorbed, followed, sometimes, by serious conditions.

**Utilizing
Absorption**

This absorptive power, particularly of the skin and mucous membranes, has been utilized for the application of means that the recuperative power might use, in all probability, since long before the dawn of history; but careful study has been given to the subject in the past fifty years. This absorptive power can be utilized by appropriate means. Viavi is prepared in forms which may be readily absorbed.

CHAPTER X

SOME OF THE CONDITIONS MANIFESTING THEMSELVES IN THE REGION OF THE HEAD

CATTARRH is a congestion and inflammation of a mucous membrane, accompanied by an abnormal discharge of mucus. Mucous membrane lines the hollow organs of the body and the cavities and canals that have external openings through which the air has access. Such a membrane lines the nose, mouth, Eustachian tubes (extending from the back of the mouth to the ear), throat, bronchial tubes (extending into the lung cells), eyelids, lachrymal ducts; also the esophagus (gullet), stomach, intestines, rectum, urethra, bladder, ureters, kidneys, Fallopian tubes, womb, and vagina, and extends to the skin on the external generative organs. The membrane is soft and velvety, and its blood and nerve supply being very abundant, it is easily congested and inflamed.

Catarrhal Discharge

The nature and quantity of the discharge in catarrh varies as the disease progresses. Catarrh is a congestion and inflammation of the mucous membrane without reference to the cause, or to the mucous membrane affected. The name given to this congestion and inflammation of the mucous membrane in any particular part of the body depends on the part affected. Inflammation of the lining membrane of the nose is known as coryza, nasal catarrh, or hay fever; of the stomach, gastritis; of the bladder, cystitis, etc. These catarrhal discharges, which escape from the different orifices of the body and are the excess above the normal discharge, vary, not only in consistency and quantity, but also in color and odor, according to the stage and extent of the inflammation.

**The Result of
Congestion**

Inflammation of the mucous membrane, like inflammation in any other tissue, is the result of congestion. It indicates a disturbance or derangement of the circulation due to a lessened nerve control of the circulation of the part affected. The blood vessels of the mucous membrane in the part affected are holding more than their normal supply of blood. Its cells become abnormally active; hence the copious discharges are material taken from the blood. As these excessive discharges represent a drain, the invariable tendency is to lower the quality of the blood and thus to still further affect the nerves and nervous system.

**How Catarrh
is Overcome**

The overcoming of catarrh lies in restoring the nerve control of the circulation whereby the congestion, from which the inflammation results, is removed, and the inflammation, together with the undue activity of the cells, disappears. Men and women are constantly restoring themselves from catarrh and catarrhal conditions in its multifarious manifestations through the use of Viavi. In chronic conditions it is to be expected that the process will be slower. Progress toward health varies with individuals just as the susceptibility to derangements of the circulation, giving rise to catarrh, varies with individuals.

**Taking
a Cold**

When a cold has been contracted, the blood has been driven from the surface of the body to the interior of the body. The capillaries in or near the outer skin of the body have become contracted, and the blood cannot find its way to the surface. The surface first becomes cold; but as the vessels extending deeper and deeper in the tissues contract, the body becomes more and more chilled; hence the sensation of chilliness in the region of the back, and eventually all over the body. As a result, the mucous membrane of the nose, throat, lungs, bowels, stomach, kidneys, bladder, etc.,

are over-distended with the blood that has been driven within, because they cannot resist the invasion.

Susceptibility to colds shows a general weakness, which is a menace to health and often life. If our bodies possess a normal amount of vitality, atmospheric conditions will affect us little; but if our standard of health is below the best, we become more and more susceptible to every little change.

Colds Evidence of Weakness Colds are not only evidence of weakness, but they render the system susceptible to other diseases, particularly those affecting the respiratory, abdominal, pelvic and urinary organs. Pneumonia frequently follows severe colds. In women, suppression of the menses, with all the dangers accompanying that condition, is frequently caused by colds. Many other serious troubles may ensue. Prudence suggests prompt attention to colds, even slight ones; but still more important is attention to health in order to develop the strongest resisting power.

Old Fashioned but Scientific If normal circulation is restored when the first indications of a cold gives evidence that the circulation is being interfered with, the cold disappears. Most of us know that hot drinks, hot baths, hot packs appropriately taken, rest, and other old-fashioned but nevertheless scientific measures, help Nature to regain nerve control and restore the circulation. The cold is "broken up" by these simple measures because they afford the recuperative power within the body the necessary help to restore normal conditions. But if normal circulation is not promptly restored, more serious conditions may follow which these simple means alone may not be sufficient to assist Nature to overcome.

Acute Nasal Catarrh Acute nasal catarrh (coryza), or a cold in the head, is an acute inflammation of the nasal mucous membrane, accompanied with a discharge. It may

confine itself to one side of the nose, but is oftener in both; or it may extend to the pharynx, larynx and air passages below, or affect cavities communicating with the nasal passages.

Chronic catarrh is a frequent condition of those who are poorly nourished or whose resisting power is otherwise weakened. Though repeated attacks of cold in the head are probably the most frequent cause of chronic catarrh, in many instances the cause is some weakness of the system, permitting disturbance of the circulation to become localized in the nasal membrane.

**Chronic
Catarrh**

The symptoms of simple chronic nasal catarrh may be almost the same as those of acute catarrh, except that they are continuous; but during changeable weather, especially damp weather, all of the symptoms become more intense. As the disease progresses there will develop headaches; the sufferer grows stupid, the eyes dull; the appetite is lost, and there is constant hawking and spitting. On account of the swelling of the lining membrane, and often a thickening of the nasal cartilages, the nose partially closes; there is more or less difficulty in breathing. The breath becomes offensive, the voice changes, and there may or may not be sneezing. There will be an indisposition to take exercise, and difficulty in concentrating the mind.

**Some of the
Symptoms**

The discharges vary. They may be watery, profuse and acrid, or tenacious, thick, purulent (pus-like) and bloody. They may escape from the nostrils, or drop backward into the throat, constantly infecting the body. There is ringing in the ears and partial or complete loss of hearing, often accompanied with a discharge from the ears. Some or all of these symptoms, as well as many others, may be present. Many cases terminate in chronic bronchitis and consumption. Sometimes only a few of the foregoing symptoms may appear and yet the conditions may prove fatal.

**Catarrh and
Tonsilitis**

A woman, in Pennsylvania (3931), tells how she suffered from childhood so badly with catarrhal conditions of the nose and throat that at times she could not swallow the saliva. Each attack necessitated the visit of a doctor. Repeated attacks of tonsilitis followed, accompanied with abscesses which had to be lanced, causing intense suffering. She had decided to have the tonsils removed, but was led to furnish Viavi to her recuperative power, and restored herself completely.

**Catarrh of
Head and Throat**

A woman, in Kentucky (4482), was a complete wreck at the age of twenty-six, having extensive catarrhal conditions of the head and throat, constant headache at the base of the brain, loss of memory, nervousness, and several forms of uterine trouble. She was bedfast and so weak that she could not sit up. Her physician declared her condition was beyond his skill. Her mother led her to use Viavi, and after a few weeks, improvement began, continuing until restoration was complete.

**Sense of Taste and
Smell Restored**

A woman, in Idaho (506), wrote that for two years she entirely lost her sense of smell and taste as the result of congestion and catarrh in her head. She was led to furnish Viavi to her recuperative power. The sense of taste and smell gradually returned. Nine years later she wrote saying the benefits she secured through her use of Viavi had been permanent.

**Chronic
Catarrh**

Chronic catarrh is not confined to the nose; the inflammation and ensuing ulceration creep along the mucous membrane, sometimes affecting the Eustachian tubes which lead from the throat to the ears; and when this occurs the hearing becomes impaired and oftentimes lost. It also creeps downward, affecting the pharynx and the larynx. The inflammation

may extend to the bronchial tubes. It is then called bronchitis. When it extends into the stomach it produces catarrh of the stomach, causing indigestion. This may result through extension of the inflammation or by infection.

**Catarrh of
the Head**

A sufferer, in Oregon (1010), wrote that she began to have serious catarrhal conditions of the head and throat following diphtheria when she was four years old. The trouble became chronic, being accompanied by roaring and buzzing in the ears, with copious discharges from the head. An operation was performed on the nose, but the affected parts refused to heal. The catarrhal condition gradually developed in the lining of the bowels and stomach. One to two pints of brown, slimy matter passed from the bowels daily. Food and medicine passed through the body undigested; she could not even take water into the stomach without distress. A stomach pump was used every night for months.

As she grew older this trouble was complicated with uterine trouble. The menses ceased entirely, the womb was retroverted, and hemorrhoids existed. An operation was performed, stitching the womb to the abdominal walls, but her suffering continued. She then began the use of Viavi. Her improvement was slow, but in a few months she menstruated normally, and other improvements occurred, and at the end of two years she was a well woman. Writing six years later she said she had passed through the change of life without any trouble. On examining her, her physician said she was in a perfectly healthy condition.

**Catarrh and
Sore Throat**

That the recuperative power has used Viavi to overcome catarrhal conditions and restore normal conditions is shown by the fact that so many suffering from these conditions have supplied Viavi to their recuperative power and regained their health entirely.

A sufferer, in New Zealand (2544), wrote that she suffered greatly from catarrh of the nose and throat. Having used many things without avail, she furnished Viavi to her recuperative power, and in a short time secured relief. In two years her health was completely regained, and she has since given birth to a healthy child.

**Suffered With
Sore Throat**

A woman, in Scotland (2462), suffered with sore throat for about two years. She became run down in health, suffering greatly during menstruation. After she had failed to regain her health through any of the means used, she supplied Viavi to her recuperative power and became entirely well.

**Catarrh,
Tonsilitis**

A woman, in Iowa (2824), wrote that she had been a sufferer from throat trouble all her life. She had catarrh, with profuse discharge from the nose, and a constant dropping into the throat which caused nausea and distress. Operations were suggested, but because of her six years experience and observation as a nurse, she would not consent. Antitoxin was administered, electrical treatments tried, and change of climate sought, without benefit. She finally furnished Viavi to her recuperative power, and improved so much that she became free from catarrh in a short time. Her deafness left her as the catarrhal condition was overcome.

**Tonsils
Diseased**

A mother, in Colorado (3413), wrote of her seventeen-year-old daughter who suffered from inflammatory rheumatism which was thought to have resulted from diseased tonsils. She was obliged to leave school, but did not improve under her physician's treatment. The mother learned of Viavi and had her daughter use it. She became entirely well, and was able to return to school.

A young woman, in Arkansas (4160), wrote that she suffered frequently with tonsilitis. Her tonsils were removed, but the throat did not heal properly. A year

later she suffered a severe attack of diphtheria which left her throat in a very serious condition. A year or so later still, she suffered with typhoid fever, and large sponge-like growths filled with corruption formed in the throat. Her vitality was so lowered that change of climate was advised, but instead, she used Viavi, and writes: "I am perfectly well."

**Enlarged
Tonsils**

A mother, in Texas (1034), wrote that her little daughter suffered with enlarged tonsils and began to grow deaf from catarrh. Her physician urged the removal of the tonsils, but the child was so delicate that the parents feared to have her operated upon. A neighbor suggested the use of Viavi. This was done, and later the family physician pronounced her perfectly well, no longer in need of an operation.

**Enlarged Tonsils
and Adenoids**

A mother, in Nova Scotia (4088), wrote that her little boy had difficulty in breathing, and suffered with throat trouble following an attack of whooping cough. The doctor found his throat in very bad condition; adenoids were present and the tonsils greatly enlarged. An operation was advised but temporarily deferred. The mother learned of Viavi and furnished it to the recuperative power of her little son. The adenoids and enlarged tonsils disappeared. At the time of writing, his mother said he had passed a health examination at the academy which he attended.

**Adenoid
Growths**

A mother, in Oregon (2695), wrote that her daughter had adenoids for several years. An operation was performed, but the trouble returned. The child became extremely sensitive to cold, breathed with difficulty, discharging bloody impurities from the nose. Viavi was used, and in a comparatively short time the adenoids passed away, and none of the symptoms have returned.

Adenoids Overcome A mother, in Pennsylvania (3453), wrote that her daughter could not breathe without keeping her mouth open as the nasal passages were partially closed from adenoids, and the glands in the neck were swollen in various places. Viavi was supplied to her recuperative power, and the enlarged glands disappeared, the adenoids were overcome, and she became entirely well.

A man, in Canada (2095), suffered with adenoids so that he was unable to breathe through the nose. Operations were undergone, but with no benefit. He was led to supply Viavi to his recuperative forces, and gradually restored himself to health. Seven years afterwards he wrote that he was enjoying excellent health, and had had no recurrence of any of the ailments which troubled him.

A mother, in England (903), wrote of her son who suffered from enlarged glands. He overcame the condition through the use of Viavi.

Catarrhal Deafness Catarrh of the nose and throat may, in time, affect the membrane lining the Eustachian tube which thickens until it closes, causing the hearing to become partially or wholly destroyed. Loss of hearing may be progressive, extending over a period of years. The alarm is sounded when the sufferer has a cracking sensation in the ears when blowing the nose, or a ringing in the ears, or noises in the head at other times. The hearing is suddenly lost at times, returning suddenly, but in time it fails to return. In the progressive form a great degree of deafness is present before the sufferer becomes aware of it. The noises in the head often almost distract the sufferer. When the inflammatory process has progressed to extensive ulceration, the drum of the ear may become perforated, permitting escape of offensive discharges. See Chapter XI.

**Some Causes of
Hay Fever**

Hay fever, rose cold, hay asthma, pollen catarrh, peach cold, yearly cold, and autumnal catarrh, are names given to a recurring summer or autumnal attack of acute catarrh to which some persons are susceptible from the presence of certain pollens or special emanations in the atmosphere. Various physical conditions are thought to make one subject to it, some being a predisposing constitutional condition, nervousness, a peculiar sensitiveness of the nasal membrane to external irritation, and nervous weakness.

Hay fever is frequently complicated with asthma. The attacks, worse at night, generally begin with an itching of the nose and roof of the mouth; sneezing, which at times is continuous, violent and exhausting; a free watery discharge from the nostrils, and an itching and burning of the eyes, causing copious tears of an acrid nature, burning and excoriating the skin wherever they touch. In the onset there is a chill, followed by fever and frontal headache; the eyes become dim and sensitive, the sense of smell and often of taste, are lost.

**Suffered
Years**

A man, in Montreal (3743), wrote he had suffered for about twenty-three years with hay fever. He was a baker, and even under the daily strain of long hours he was able to restore his health through the use of Viavi. Two years later he wrote: "I have had no further attacks of my old trouble."

A woman, in Missouri (2973), who had suffered with hay fever for eight years, used Viavi, and wrote: "I passed through the summer without an attack."

**Membrane
Inflamed**

Another sufferer, in Kentucky (4483), had constant attacks of hay fever. The mucous membranes from the throat to the lungs were very badly inflamed, so much so that she raised blood from the bronchial tubes. She furnished Viavi to her recuperative power, and restored her health.

A woman, in Idaho (4081), wrote that she had been afflicted with hay fever and falling of the womb for a number of years. She became so nervous that she could scarcely control herself. She became pregnant, and because of the seriousness of her condition her physicians advised an operation for the termination of pregnancy. She used Viavi, and gave birth to a healthy baby, having the easiest confinement she had ever had. The womb returned to its normal position, and the attacks of hay fever finally ceased altogether.

**Nasal
Polypi**

Nasal polypi are growths in the nose. If allowed to develop and fill the nasal cavity, they may have to be removed surgically. Hence the necessity of giving them early attention. Frequent colds in the head, hay fever and other conditions that repeatedly irritate the lining are causes. Breathing through the nostrils becomes greatly impeded or impossible, and the sense of smell impaired or permanently lost. Polypus growths are never found where the mucous membrane is healthy.

Many sufferers from every form of catarrh have found relief, and have completely restored themselves through the use of Viavi. At the same time they have so built up their vitality that they became more resistant to further attacks.

**Polypus
Growth**

A young woman, in Missouri (1064), wrote that as a child she had the feeling as if something had been pushed up in the nose just between the eyes. The nose was enlarged and tender at times. The surgeon's examination revealed polypoid growths. An operation was performed, but in less than a year the trouble returned. She used Viavi, and in a short time small offensive particles similar to those removed during the operation were eliminated. The growth was entirely eliminated, and the catarrhal condition overcome. In her letter written ten years afterwards, she said she had not been troubled with any kind of a growth in the nose in all that time.

ABOUT GOITERS

The thyroid gland is considered to be one of the ductless glands which belongs to the endocrine system of glands which furnish valuable internal secretions to the body. It lies in the neck, consisting of two lobes, one on each side of the windpipe, with an isthmus connecting the lobes.

An interference with the blood supply to the thyroid gland affects the amount of thyroid secretion which passes directly into the blood. The importance of this secretion may be appreciated when we realize there can be no healthy development without it. The thyroid secretion is of such absolute necessity to the body that complete removal of the gland is followed by a degeneration of the tissues and a condition of a mucus-like dropsy known as myxedema.

Goiters may be either cystic, simple, hard, soft, or exophthalmic. The cystic goiter is really a cystic tumor attached to, or a part of, the gland. This sac filled with liquid impurities may become large, hanging upon the chest or forming a muffler completely about the neck.

**Cystic
Tumor**

A woman, in California (3814), suffered from uterine trouble, for which she was operated upon. This was followed by the formation of a cystic tumor in her throat for which she had two operations without any relief. She was preparing for a third operation when she was led to furnish Viavi to her recuperative power. Several months later she wrote: "The tumor was as large as an egg when I began using Viavi, and now it is as large as a pea." Four years still later she wrote that there was no sign of the tumor, the scars left by the operations had disappeared, and she enjoyed perfect health.

**Simple
Goiter**

The simple goiter frequently appears in young girls at the age of puberty. It seems to be a disturbance accompanying development of the uterine

organs. These simple goiters are sometimes associated with uterine, or ovarian trouble, or painful menstruation; or may appear during or after pregnancy. Many girls and women who have furnished Viavi to their recuperative power when suffering from ovarian trouble, scanty, profuse or painful menstruation, accompanied by simple goiter, have overcome the goiter as the pelvic organs became normal.

**Goiter
Disappeared**

A woman, in Illinois (1970), writing twelve years after her goiter disappeared, tells how she suffered with it, being obliged to get up during the night and walk about to get relief from the terrible choking sensation. She had been under the care of several physicians, and was finally led to use Viavi. In a comparatively short time the goiter decreased in size and gradually disappeared, and there had been no return of the trouble.

**Leucorrhea
and Goiter**

A woman, in Oregon (2446), wrote that she was troubled with leucorrhea and prolapsus. Later on a goiter appeared on her neck. With these conditions came nervousness, headache, indigestion, and constipation. After using Viavi a year, she wrote: "To-day, I have none of those troubles and feel and look like a new woman."

**Hard
Goiter**

The hard goiter is a result of abnormal blood supply. The gland hardens and enlarges, gradually losing its function. This process of hardening is slow; therefore recovery, it is natural to expect, will be slow, for it can come about only as the recuperative power restores normal circulation. Many sufferers from other conditions than goiter have supplied Viavi to their recuperative power in the hope of overcoming these conditions by restoring normal circulation, and have found that as they became well their goiters became greatly reduced in size or disappeared altogether.

**Had a Goiter
Twenty Years**

For instance, a woman, in Missouri (3856), tells how she suffered with backache, headache and severe nervousness. She also suffered with a carbuncle on the back of her neck. She was led to use Viavi, and the recuperative power, in eliminating impurities, formed abscesses which lasted about one month. After these healed she began feeling better and since then has not suffered with colds, while previously she was never free from them. Best of all, a goiter of good size which she had had for twenty years was reduced to one-quarter of its previous size; and naturally this improved her looks.

**Exophthalmic
Goiter**

A soft, or exophthalmic, goiter is a serious condition. The engorgement of blood in the gland results in a soft swelling of one or both lobes. When both lobes are involved the term, "big neck," is often used. The cords of the neck may become very prominent. Many date their goiter from the strain at childbirth, or to heavy lifting.

**Effect of
Goiter**

In exophthalmic goiter the neck may throb with the heart beat. The excessive production of thyroid secretion which follows the congestion in the gland is due to the fact that the cells which manufacture this secretion from the blood have no power to determine how much shall be made. They use up all the raw material the blood brings to them just as the mucous cells do in catarrhal conditions. Excess of thyroid secretion in the blood stream acts as a poison, hence the term, "toxic," or "poison," goiter. The heart action becomes rapid, the pulse increasing from 72 to 140 or 150. There is a choking sensation and extreme nervousness. If the gland enlarges inwardly it causes pressure and hence the sensation of more choking. The inward enlargement may be less noticeable to others than the outward swelling. The eyeballs may protrude, and the back of the neck may become very painful.

**Goiter and
Mensturation**

The intimate connection between the thyroid gland and the uterine organs is shown in the experience of a sufferer in Canada (1101). Her eyes protruded and were swollen about twice their natural size. The neck was quite large, and seemed to be swollen inwardly. In addition to the goiter she had also been suffering from absent menstruation for fifteen months. The physicians, under whose care she was, pronounced her condition incurable.

She used Viavi. and completely restored herself. Menstruation returned and the goiter disappeared. Thirteen years afterwards she wrote: "I have been married ten years, have four healthy children. The goiter has not troubled me since, nor have I had suppression again."

**Goiter and
Uterine Troubles**

A woman, in Kansas (4085), suffered from a complication of uterine trouble with exophthalmic goiter. She was despondent and nervous, her head was unsteady, her eyes jerked and protruded so that she looked almost wild. Many things had been tried, but she grew gradually worse. Through the use of Viavi these conditions were overcome, and she became well. She wrote: "You would not know I ever had a goiter."

**Goiter, Large
as an Egg**

A man, in Canada (3828), suffered with a goiter as large as a hen's egg. A specialist advised an operation as the only means of relief, but instead he furnished Viavi to his recuperative power. The goiter disappeared and he became well. Eight years later he wrote that there had been no return of the goiter.

**Goiter
Paralysis**

A sufferer, in Missouri (3864), noticed an enlargement in her neck when she menstruated at fifteen years of age. Menstruation became painful, and was accompanied with pain in the neck and choking sensa-

tions. The family physician pronounced the condition enlargement of the thyroid gland, or goiter, and a reflex condition of abnormal menstruation. The ovaries are included in the endocrine system, or ductless glands; hence restoration from ovarian and uterine troubles may be coincident with the disappearance of goiter.

**Goiter
Disappeared**

She married, and at twenty-seven had a lovely baby, but health was gone. She suffered two strokes of paralysis. The only hope offered was an operation which she refused, and instead, used Viavi. Congestion was relieved, the nerves became normal, the circulation improved, and after some months the goiter disappeared and never returned. She wrote: "You would never know I ever had a goiter."

We have space for only a few of the letters we have received from men and women who suffered from goiter, and restored themselves through the use of Viavi. But we shall be glad to send you these or others if you are interested or desire them. Address any Viavi office.

CHAPTER XI

SOME OF THE CONDITIONS MANIFESTING THEMSELVES IN THE EAR

LESSENED nerve control of the circulation may result in congestion and inflammation in the mucous membranes and other tissues of any part or organ of the body. It may occur in the ear or the eye. Many sufferers from such conditions have entirely overcome them through their use of Viavi.

Conditions in the Ear

Earache is often caused by colds, inflammation, foreign substances in the ear, neuralgia or injury. Inflammation of the outer ear may be caused by picking the ear with some hard substance, or by insects, pebbles, beans, etc., getting in the ear, or by the stoppage of certain small glands causing them to become inflamed and producing little pustules or ulcers. A pea or a bean in the child's ear should be removed carefully and no water used, as water may cause the seed to swell. Hardened wax represents an unhealthy condition and leads to dulled hearing. Attempts to remove it with a hard implement may make it worse.

Catarrh Causes Deafness

Inflammation of the middle ear occurs behind the drum, and is often caused by catarrh extending up the Eustachian tube from the mouth. It creeps up to the ear, producing partial or total deafness, often invading the mastoid cells, causing one of the most dangerous troubles. Catarrh in the head commonly affects the Eustachian tubes, frequently producing deafness. The cause of catarrh, congestion, inflammation, and the derangement of the circulation to which they are due should be overcome before the ear is affected.

Inflammation of the middle ear produces dullness of hearing with noises in the ear; pain and soreness may or may not be present, depending on the slowness or rapidity with which the condition advances.

Noises in the
Ear

Destructive processes must go far before there is absolute deafness. If any degree of hearing remains, there is hope, even though the drum has been ruptured. The purpose in using Viavi is to enable the recuperative power to overcome the cause of which the condition in the ear is a consequence. The recuperative forces of the body are constantly striving to overcome these conditions. Viavi has been found a means which the recuperative power has used to do this.

Deafness from
Hardened Wax

A mother, in Canada (2708), wrote her son was troubled with deafness. After using Viavi he passed a substance from the ear which looked like brown granulated sugar. This was followed for a few days by a slightly bloody discharge. Following this, he complained about the family talking so loudly, and the noises which he heard when out of doors. He then realized he could hear with the affected ear as well as with the other.

Catarrhal
Deafness

A woman, in England (2478), wrote that she suffered with deafness accompanied by a constant discharge and frequent hemorrhage from the ear and a most peculiar loss of the sense of balance upon the slightest pressure on the ear, and a feeling as if a block of wood had been driven into the side of her head and left there. The physician suggested an operation, but feared for her life as the brain cells had become seriously involved. She declined to submit to the operation, and supplied Viavi to her recuperative power. The catarrhal condition was overcome, and she became entirely well.

**Antrum and Ear
Abscesses**

A woman, in the state of Washington (1158), wrote of suffering with intense pain and agony, even becoming bed-fast from an abscess which discharged through the ear. The dentist found an abscess at the root of a tooth had extended through the jaw into the antrum above the roof of the mouth. The inflammation became so great, and the face so swollen, that it was necessary to pull the tooth to drain the abscess. In two or three months another abscess formed in the head behind the ear, which was far more painful. After it discharged through the ear she regained a little in strength, but was annoyed by sounds in the ear like that of a whistle. The smallest amount of food caused agony, and to complicate matters, she was pregnant.

Later, she was led to use Viavi, continuing its use until she became entirely well, stronger than ever before in her life. Ten years later she wrote: "I have never had the slightest return of the symptoms which I formerly experienced, and I am a stronger advocate for Viavi than ever before. Through its use we have saved hundreds of dollars, besides having the advantage of being restored in a natural way."

**Mastoid
Abscess**

A mother, in Oregon (2903), wrote that her little girl's trouble began with earache. The ear began discharging, and the doctors advised removal of the tonsils and adenoids, which was done, but without benefit. A mastoid abscess later formed, and a skilled specialist operated, but very offensive matter continued to be discharged. The mother was led to appreciate the fact that the power to restore her daughter to health was not in the physician nor in the means used, but in her daughter's body, and if her daughter's recuperative power could use Viavi, as the recuperative power of other sufferers had done, she might get well. So Viavi was used. Improvement soon began, the girl gained in flesh, had a good appetite, was no longer ner-

vous, and the condition in the ear was entirely overcome.

**Abscess in
the Ear**

A woman, in New Hampshire (4217), wrote that an abscess developed in the ear behind the drum. The pain was so intense that she was kept under opiates. The swelling affected the facial nerves so that the head was drawn over toward the shoulder. An operation was advised but she was told that it might be followed by severe shock or deafness, or both. The operation was refused, and Viavi used instead. The abscess was entirely absorbed or eliminated in time, and the hearing perfectly restored. Five years later, and again thirty-two years after she first used Viavi, she wrote that she continued perfectly well.

**Deafness from
Injury**

A sufferer, in Missouri (3570), a train conductor, wrote that he was struck by a passenger train. He regained consciousness, but could neither see nor hear. He later recovered his eyesight, but the hearing seemed to be destroyed. The skull had been fractured and he was told that the auditory nerve was congested and caught in the fractured bone, and the drum was destroyed. An X-ray showed abnormal curves of the spine and a fractured right hip. He had the services of several splendid doctors, and all kinds of treatments were used in the effort to restore his hearing, but were finally given up, and he was told there was no cure for him.

**How Restora-
tion Came**

Eight years after the accident he was led to use Viavi. The cramps which he had almost constantly were relieved shortly after beginning the use of Viavi. He eliminated large quantities of bloody impurities through the bowels. One morning he heard the water splash in the bathtub. It almost frightened him, and he wondered if he had imagined it. At the breakfast table he heard all that was being said, and realized that restoration had come.

We have space for only a few of the letters we have received from men and women who suffered from conditions manifesting themselves in the ear, and restored themselves through the use of Viavi. But we shall be glad to send you these or others if you are interested or desire them. Address any Viavi office.

CHAPTER XII

SOME OF THE CONDITIONS MANIFESTING THEMSELVES IN THE EYE

THE eyes are subject to many defects and disorders. Parents should have the eyes of their children examined at a very early age by an oculist or optician, and the necessary thing done for those found defective. Unless a child's eyesight is very bad, he is not aware of a deficiency. Countless children have permanently injured their eyes and impaired their health by straining to see with defective vision.

Symptoms of Eye Strain

Many persons do not know they have defective vision, and suffer a constant strain which tells on the vitality.

Even good eyes may be over-strained from too close and constant use, or weakened as the result of local disease or general weakness, or worry, anxiety, or grief. The symptoms are pain and redness in the eyeball, sensitiveness to light, or a desire to press the ball, and a feeling as though sand were in the eyes.

Granulation of the Lids

Granulation of the lids is a more or less serious disease of the conjunctiva, the delicate membrane lining the lids and covering the ball. One form of it is trachoma, which deforms the lids. This is a contagious disease, which should be reported to the health authorities. The edges of the lids show the swollen condition of the membrane. There is a feeling as though sand were in the eyes. The balls and lids are sore and painful; the eyes are sensitive to light; tears are copious. Examination shows small elevations on the lining of the lids.

**Inflammation
of the Iris**

The iris is the colored circular band around the pupil; inflammation of it is called iritis. It may be caused by strain, injury, nervous reflexes, colds, and impure blood. The iris is inflamed and red; the blood vessels in the white of the eyes are congested. There is pain and tenderness in the ball, and sensitiveness to light. The pupil does not dilate readily.

As serious danger to an infant may arise if the mother has leucorrhea, it is important that women give thorough attention to their condition before the child comes. On the day of birth, or a few days after, an infant's eyes may show inflammation caused by leucorrhea or infection from the mother. The lids are of a deep reddish-purple, with a whitish discharge; blindness may result. These conditions call for immediate attention of the attendant or physician.

**Diseases Due
to Infection**

The eyes often become infected by unclean hands, or the use of towels or cloths that have been used by adults suffering with leucorrhea or an infectious disease. Acute suffering follows; there are copious discharges of tears and pus, and inflammation and sensitiveness to light.

Diseased conditions in the eyes can be overcome through the recuperative forces of the body, and through the same processes as diseased conditions elsewhere. Many sufferers from eye troubles have overcome them by furnishing Viavi to their recuperative power.

**Recovered Her
Sight**

The two year old daughter of a mother, in Oregon (2394), suffered with measles, pneumonia, and then an attack of spinal meningitis, which left her completely blind. She was taken to one of the best oculists in Portland, who expressed the opinion that the nerves of the eyes were dead, and nothing could be done for her; but thought if her nervous system and general health could be built up, there might possibly be restoration of some sight.

The parents learned of Viavi and supplied it to the child's recuperative power. Her general health improved, and sight gradually returned. Writing nearly a quarter of a century later, the mother said her daughter was still in good health, and blessed with sight.

**Incipient
Blindness**

A mother, in Pennsylvania (3444), wrote that her daughter's eyes were badly affected. A specialist attended her for six years, and finally advised that she be placed in a school for the blind as he thought it was but a matter of time until she would be entirely blind. The mother furnished Viavi to the daughter's recuperative power, and later wrote: "It is now four years since she started using Viavi, and her eyes have never given her any trouble since."

**Cross Eyes
in a Child**

A mother, in Canada (2142), wrote that her little daughter was a weak, fretful child from birth. When about three years of age the eyes turned inward. The family physician advised an operation which the mother refused, and instead furnished Viavi to the child's recuperative power. In a comparatively short time a slight improvement was seen in the eyes, and a marked improvement in her general health. As the health improved the eyes took their natural position, and eight years later the mother wrote: "Olive has never had a return of the weakness in the muscles of her eyes."

**Inflammation
of the Eye**

A woman, in Illinois (4487), wrote that she suffered from a cold in her left eye, and neuritis in the sides of her face and throat. The eye became so swollen and inflamed that it protruded outward half an inch. The pupil turned altogether out of position, and the white of the eye resembled a piece of raw meat. This condition continued for five months, during which she was treated by many specialists, but they were unable to give the slightest relief from the intense suffering except by administering opiates.

Securing no benefit, she used Viavi. In a short time the poisonous matter which caused the inflammation and pain was eliminated. She coughed up vile matter, which also ran from the nose and bowels in unbelievable quantities. In time all pain disappeared, and the trouble in the eye was entirely overcome.

We have space for only some of the letters received from men and women, who, themselves or their children, suffered from conditions manifesting themselves in the eye, and restored themselves through the use of Viavi. But we shall be glad to send you these or others if you are interested or desire them. Address any Viavi office.

CHAPTER XIII

SOME OF THE CONDITIONS MANIFESTING THEMSELVES IN THE REGION OF THE CHEST

THE lungs are the essential organs of respiration, although the taking of air into the lungs does not strictly constitute respiration, as the lungs merely exchange the oxygen of the air for the carbondioxide in the blood. True respiration takes place in all of the tissues and organs where the carbondioxide, a result of cell activity, is exchanged for the oxygen carried by the red blood corpuscles to the cells.

The lungs are double, consisting of a right and a left lung, occupying the two sides of the chest. They are separated by the heart and a small space. The right lung is shorter and broader than the left, and is divided into three unequal lobes. The left lung has but two lobes.

Purification of the Blood

The lungs are composed of prolongations and ramifications of the bronchi and of the pulmonary arteries and veins, their subdivisions being supported by a fine tissue. In health the action of the air cells on one side of this tissue and of the capillaries on the other keeps time with the breathing. As the chest expands and contracts, air and blood flow in and are forced out. They thus exchange elements and promote the processes of life.

Air flowing into the lungs carries oxygen to the air-cells which is immediately taken into the blood and later absorbed by the tissues from the blood in the capillaries. The air passes out of the lungs loaded with carbondioxide, which the capillaries have given up to it and which is a part of the waste from the system.

When the blood flows into the lungs it is impure ; when it flows out it is purified.

In pulmonary (lung) diseases the function of the lungs, the changing of venous blood into arterial blood, is partially interfered with. This impairs the functions of the whole body, as no part receives its proper share of oxygen ; or when parts of the body are diseased, the amount of impurity, or waste, is so excessive that the lungs cannot purify the blood completely.

**Bronchitis
and What it is**

In the pharynx, situated behind the mouth and nose, are two openings. The posterior opening leads into the esophagus (gullet), the passage to the stomach. The anterior is the opening into the larynx. At this opening commences the trachea, or windpipe, which is about three-fourths of an inch in diameter and from four to four and a half inches in length. It is partially composed of rings of cartilage, varying from sixteen to twenty in number, which prevent the tube from collapsing. As the trachea passes into the chest it divides into two parts, the right and the left bronchi, or the bronchial tubes, which are also provided with rings of cartilage. These bronchi divide and subdivide until they terminate in the little rounded air cells of the lungs.

**May Be Acute
or Chronic**

When the mucous membrane lining the bronchial tubes becomes inflamed, the condition is bronchitis ; it may be either acute or chronic. The acute slowly develops into the chronic if neglected or does not receive the proper care. When the mucous membrane is inflamed it thickens. Its secretions are excessive, causing difficulty in breathing, especially when the inflammation has extended downward to the smaller air tubes within the lungs. This form is known as capillary bronchitis. It is dangerous in infants and those who are debilitated because of their inability to free the tubes of the accumulated mucus. This prevents the aeration of the blood, and explains the retention of excessive poisonous matter in the blood.

**Acute
Bronchitis**

When the larger bronchial tubes are the seat of the inflammation the cough is likely violent. There is a tickling in the middle of the chest, or a raw, burning, uncomfortable feeling. In acute bronchitis the sputum (matter coughed up) is thick mucus, but as the acute stage merges into the chronic the sputum changes to a yellowish or greenish hue and may be streaked with blood. When the inflammation is confined to the smaller bronchi there is weakness and difficulty of breathing, but no rattling; when it is confined to the larger tubes the rattling of mucus may be heard.

Acute bronchitis is generally caused by colds; chronic bronchitis, from neglected acute attacks or from the extension downward of a catarrhal condition of the nose, throat, tonsils, etc.

**Bronchitis
and Laryngitis**

A sufferer from bronchitis, in Pennsylvania (3886), wrote that fifteen years previously she had suffered with throat trouble for years which finally developed into laryngitis and bronchitis. Twice a week the throat was treated by being burned with caustic, which caused severe pain, and often loss of speech. No hope of cure and only relief was promised. This treatment continued two years. A sister led this sufferer to furnish Viavi to her recuperative power, and in a comparatively short time she began to improve, and continuing the use of Viavi restored herself completely and remains well.

**Winter
Bronchitis**

A sufferer, in Illinois (4480), was afflicted with bronchitis which kept her confined to the house from the first cold weather in Fall until Spring. She could not breathe the outdoor air without taking cold. She also suffered with stomach trouble, constipation, and ovarian trouble. She was under the care of different physicians and specialists who were able to give only temporary relief.

She was led to supply Viavi to her recuperative forces, and in a few months was able to get out during cold weather and grew strong enough to teach twenty piano pupils and do her own work. Many years afterwards she wrote that her restoration had been permanent.

**Restoration
Permanent**

A woman, in England (912), wrote that she suffered with weakness in the chest and bronchitis for years, and was confined to bed several times a year. She was very nervous, and extremely weak. Her health was entirely restored through the use of Viavi, and several years afterwards she wrote that there had been no return of her trouble.

SOMETHING ABOUT ASTHMA

Asthma, a very distressing affliction, may come about from lung trouble, or as a reflex from heart, stomach, bowel, or kidney troubles. Thus, asthma, appearing as a nervous reflex from other conditions, disappears when the conditions of which it is a nervous reflex are overcome.

**Bronchial
Asthma**

As an illustration, a woman, living in Texas (1050), suffered for ten years with bronchial asthma, during which time she used everything suggested, and had been treated by a number of physicians without relief. Her condition grew so serious that her physician did not think she would live much longer. Her heart became affected, she had as many as four or five attacks daily. She used Viavi, and in time lost all symptoms of asthma, and enjoyed the best of health. Three physicians examined her and pronounced her heart perfectly sound.

**Asthma and
Catarrh**

A woman, in Oregon (1119), suffered for years with asthma, catarrh and nervousness. Her ill health continued to grow worse in spite of treatments by many physicians. She used Viavi, and became well.

Five years later she wrote: "My troubles have never returned."

From County Galway, Ireland, a user (906), wrote that she suffered for twenty years with asthma, but through the use of Viavi entirely overcame the asthma, and had had no return of it.

**Catarrh
and Asthma**

A young woman, in South Africa (1007), wrote that she had been delicate from birth, and after puberty suffered with painful menstruation from non-development, catarrh and asthma. After twelve years of suffering and failure to restore health, she used Viavi. Menstruation became painless, she became well, and was able to enjoy outdoor exercises without having the slightest attack of asthma.

**Asthma,
Tonsilitis**

A mother, in Canada (2291), wrote that her two children were both very delicate. The boy had bronchial asthma, and nothing which the doctors did benefited him. The little girl suffered from tonsilitis, catarrh, and was anaemic. She, too, failed to obtain health. The mother furnished Viavi to the recuperative power of the children, and wrote two years later: "Could you see them now you would not believe they were the frail, delicate children they were when the use of Viavi was begun."

**Asthma
Six Years**

Another sufferer, in New Jersey (3891), was afflicted with asthma for six years. She was under the care of splendid physicians, but was relieved only temporarily. She used Viavi, overcame the asthma, and improved so much in general health that friends remarked on her improved appearance.

**Spasmodic
Asthma**

A man, in Quebec (4385), suffered with spasmodic asthma for many years. His condition became so serious that he was unable to raise himself, fearing he would lose his breath. His physicians

said nothing could be done for him. He used Viavi until he became entirely well, and wrote, six years later, saying he had had no return of the asthma. Just as these sufferers restored themselves, so may you.

SOMETHING ABOUT PLEURISY

Pleurisy is inflammation of the pleura, the serous membrane covering the lungs and lining the chest walls, characterized by sharp, stabbing pains, especially when the membrane is stretched from inflation of the lungs in breathing. This causes the sufferer to take shallow breaths or to lie upon the affected side, in order to avoid the pains as much as possible; the result is insufficient aeration of the blood. Pleurisy sometimes comes from a severe cold, and is a common accompaniment of pneumonia. Being a secondary condition of some disease within the lungs, it disappears with removal of the primary cause. The bed should be sought immediately on the first symptoms of pleurisy and should not be left until every indication of it has been gone for two or three days or the disease causing it (if pneumonia) has been entirely overcome.

The Danger of Adhesions Although pleurisy in itself is rarely dangerous, it may result in adhesions of the pleural surfaces, which will tend to make the breathing imperfect and sometimes painful. In the same way adhesions in lung tissue may result from pneumonia. Viavi has been used with splendid results in such conditions, the adhesions evidently disappearing by absorption in the same way that adhesions of other internal organs may disappear.

Tubercular Pleurisy A man, in the State of Washington (1111), wrote that when sixteen years old, he was taken ill with pleurisy, which the attending physicians decided was tubercular. He was taken to his father's ranch, but grew worse, and was finally told that nothing

could be done for him. Viavi was supplied to his recuperative power. Improvement began in a short time, continuing until he was completely restored.

**Abscesses in
the Lungs**

It is truly wonderful what the recuperative power of the body is able to do for sufferers. A young woman, in California (2302), wrote that she had been sick for about a year, having had three relapses from pneumonia, which was followed by formation of abscesses in the lungs. She coughed almost continuously, and expectorated phlegm, pus, and sometimes blood. When the abscesses broke, as they did every two or three weeks, she vomited from one to two quarts of pus and blood, frequently losing consciousness. She had frequent night sweats, and severe pains when breathing. The membrane of the stomach and bowels was inflamed and ulcerated so that she scarcely ate anything. Her physician said he could do nothing more.

By chance she learned of Viavi, and its use was begun. As the sufferer was so weak and in such pain, much care had to be exercised at first. In a short while a decided change was felt. In eight weeks an abscess broke and passed through the bowels. Improvement then began, continuing until she became well. Her doctor who had said she could not live, called, and thinking she had passed away, was surprised to be ushered into the room by a smiling mother. When told what she had done, he patted her back and said: "Keep it up, my child, for it has done more than I could have done." Five years later she wrote that she was as well as anyone can be.

**Pleurisy,
Uterine Trouble**

A woman, in Kentucky (4436), wrote that she suffered with pleurisy following general weakness and coughing. Her physician and a consultant specialist frankly told her that the lungs were affected, and there was a complication of uterine troubles. The cough steadily grew worse, and she believed herself

progressing toward consumption. She then used Viavi. The cough gradually disappeared, she grew stronger, the uterine troubles were overcome, and she became thoroughly well.

Tubercular Pleurisy	A woman, in Oklahoma (4341), wrote that eleven years before she suffered with pneumonia which was followed by tubercular pleurisy in the right lung. She was treated by many physicians, but obtained no relief. As a last hope she began the use of Viavi. Her health was perfectly restored, and five years later she wrote that there had been no return of this trouble.
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We have space for only some of the letters received from men and women who suffered from conditions manifesting themselves in the region of the chest, and restored themselves through the use of Viavi. But we shall be glad to send you these or others if you are interested or desire them. Address any Viavi office.

CHAPTER XIV

SOME OF THE CONDITIONS MANIFESTING THEMSELVES IN THE ABDOMINAL REGION

THE alimentary tract is a highly organized muscular tube, with expansions and convolutions. It begins at the mouth and ends at the anus, being about seven times the length of the body. For convenience the tract is named by subdivisions, the mouth, pharynx, esophagus, stomach, small intestine and large intestine. The intestines again are subdivided, the small into the duodenum, jejunum and ileum; the large into the cecum, colon, sigmoid flexure and rectum. The stomach, which is the largest expansion of the tract, has a capacity of about five pints. When empty it occupies but little space and lies in the back part of the body below the diaphragm, which separates the chest from the abdomen. When very full it turns toward the front displacing surrounding organs, even interfering at times with the heart and lungs.

Mastication of the Food

During mastication the salivary glands in the mouth pour out saliva. It is important that thorough mastication and insalivation of the food occur before it is swallowed. The first step in digestion occurs in the mouth. The saliva begins the process of starch digestion. Washing down the food with any kind of liquid, instead of the useful saliva, causes imperfectly chewed food to enter the stomach, thus making digestion there more difficult.

Course of the Food

Before the food reaches the stomach it stimulates a flow of gastric juice, which is poured from thousands of little glands in the walls of the stomach.

Even the thought of food causes a preparatory secretion of saliva and of gastric juice. The presence of food causes contractions of the stomach which mixes the food thoroughly with the gastric juice. Neither starches nor fats are acted upon by the gastric juice, and the partially digested food passes into the upper part of the small intestine. It is there subjected to the action of the pancreatic juices and the bile. It is essential that the digestive fluids be of the right quantity and quality to promote normal digestion.

**Digestive Tract
at Work**

The whole digestive tract is lined with millions of minute absorptive cells which select from the digested food that which is serviceable. In health the alimentary tube is intensely active, being endowed with a peristaltic, or wave-like, motion that keeps the contents moving. When the tract is empty there is no movement. When the tract contains food and this motion is partially suspended, constipation occurs. See chapter on the Bowels. When activity of the alimentary tract is lost the activity of the absorptive cells is suspended, and nutriment is not carried into the body in sufficient quantities. The real nutriment is not that which is taken into the mouth, but that which is finally accepted and used by the minute cells of the body.

**Digestive
Disorders**

As the process of digestion is carried on throughout the alimentary tract, it is subjected to the influence of many conditions, and may suffer disturbance from many causes, mental or otherwise. Bad habits of eating are primarily responsible for a large proportion of digestive disorders. These bad habits include eating too much, or unwise mixtures of food, or incomplete mastication; less frequently, eating too little, or eating too little of some necessary food element, or eating inappropriate food. Imperfect mastication is sometimes due to the fact that the teeth are in bad condition. More frequently, perhaps, it is the result of habits

of haste in eating. The adoption of good habits of eating will usually overcome such digestive disturbances.

**Reflexive
Indigestion**

While many of the deep seated, chronic and stubborn digestive disorders are due primarily to bad habits of eating, many of them are not, but are the result of disordered conditions or disordered functions in other parts of the body; and overcoming these digestive disorders depends on overcoming these other disordered functions. Thus continued pain in any part of the body may impair digestion. Digestive disorders sooner or later almost invariably follow menstrual irregularities, or ovarian or uterine troubles. They may follow or be caused by worry, grief, or, very often, in men, from business cares.

**Lowered
Vitality**

Whenever there is a disordered function, especially one that causes severe or continuous pain, steady wear and weakening of the nervous system results. Worn and weakened, the nervous system loses some of its power to properly control and co-ordinate other functions of the body; and the digestive function is almost certain to suffer. The process of nutrition, of which digestion is a part, is a very complicated one involving both mechanical and chemical processes, and those subtle processes out of which living cells issue. Perfect nutrition, upon which health depends, requires that these processes function in nice and perfect adjustment. Therefore, when the nervous system is worn and weakened by mental or physical pain, or interfered with by disordered function of other organs, this nice adjustment may be disturbed and digestion interfered with somewhere in its course and the body fail to be properly nourished. That is why digestive disorders are so varied in their symptoms and may be so serious in their results.

The names given to what are thought of as the many different kinds of dyspepsia simply distinguish from one another the almost innumerable forms in which dis-

turbance of the digestive function may manifest itself. As underneath it all is an impairment of nervous force or nervous vitality or nervous control, restoration to normal of nervous vitality or nervous function is necessary.

The purpose in using Viami is to supply the recuperative forces with a means which they may use to restore this nerve control, primarily of the circulation, and ultimately of all the functions of the body, and thus bring about that nice adjustment of process which Nature planned for and intends.

**Proper
Mastication**

The digestion of the starchy elements of food begins in the mouth through the action of the saliva. When food is properly masticated, the saliva is brought into intimate contact with every particle, and the food is sent to the stomach in proper condition to be easily acted on by the juices of the stomach; and as it passes on into the bowels, by the other secretions playing a part in the digestive process. When the food is not properly masticated, the saliva is not brought into intimate contact with every particle of it, and the food is not broken up and sent to the stomach in a condition to be readily acted on by the secretions of the stomach. Hence the natural process of digestion is made more difficult at the beginning.

**Fermentation
and Gas**

Much the same situation arises from over-eating. The stomach is overloaded and perfect digestion of it all is practically impossible. This may result in a constant accumulation of gas, spoken of as flatulent dyspepsia. This keeps the stomach uncomfortably distended, with pressure on the heart and lungs, causing palpitation of the heart and other distressing symptoms. When the stomach is unable to digest the food properly its contents are often retained until fermentation occurs. The food may feel like a heavy stone, or may cause the stomach to burn, and create an intense thirst. With some there is a constant

hungry gnawing which food does not satisfy; others are made comfortable by constantly eating. Among other symptoms are water-brash, pain between the shoulders, loss of appetite, nausea, headaches, acid belching; in fact there are so many symptoms of dyspepsia that it would be impossible to discuss them all here.

**Disease
Resistance**

The work of the stomach and bowels is to prepare nutriment for all the uses of the body and to eliminate the waste. If they are unable to do their work fully and perfectly every part of the body is weakened by the inadequate nutrition, and the entire system loses much of its disease resisting power. Some of the most serious diseases of the body, including constipation, are really the result of disordered digestive and nutritional function.

**The Use of
Viavi**

A great many men and women suffering from serious digestive disorders have found in the use of Viavi the means which their recuperative power used to arouse and strengthen the nervous control of the vital functions, and Nature, thus assisted, was able to entirely overcome the conditions from which they suffered. If over-eating, or eating improper mixtures of food, are the primary causes, these of course must be corrected. Foods which cause distress, and those which cannot be digested easily by the individual, should be avoided. The recuperative power must be provided with abundant nutriment through the medium of appropriate foods. Care and good sense should be exercised in their selection and the use of the proper amounts. The food should be thoroughly masticated, and as a rule, little liquid should be taken with meals. Abundant water should be drunk between meals, preferably in small quantities at frequent intervals, for the body requires considerable liquid, on the average fifty ounces a day, in order to perform its functions properly.

**Constant
Stomach Pains**

A man, in Illinois (2300), suffered from constant pains across the stomach. His condition became deplorable and he could not obtain any relief. He supplied Viavi to his recuperative power, and overcame the trouble, and, writing fifteen years later, said he continued well.

**Displaced
Stomach**

Indigestion and constipation sometimes follow falling of the stomach or bowels (ptosis). A woman, in Pennsylvania (3888), wrote that she suffered with falling of the stomach for five years. She had been under five physicians, but without benefit. X-rays were taken at intervals to determine positively whether the stomach was out of position or not. The diagnosis was, ulcers and abscesses of the stomach, and the only hope offered was an operation.

She was led to use Viavi by a woman who had regained her own health through its use. Improvement soon began, and in time she was able to eat anything she desired by selecting her food wisely. She was able to remove the special belt worn to support the stomach, and after four years was in splendid health.

**Stricture of
the Esophagus**

A woman, in the state of Washington (3995), tells of thirty-five years of misery. She had suffered all her life with leucorrhea and painful menstruation, the flow appearing only two or three times a year. What seemed her most serious trouble began with a choking sensation when she ate. Food would only enter the stomach by being forced in with water. The X-ray disclosed the fact that the esophagus or gullet, the passageway to the stomach, was nearly closed, and was so small that only a drop of water could pass through at a time. The food was held in the esophagus until she could force it into the stomach with water.

Her physician employed a very ingenious treatment. He had the sufferer swallow a rubber instrument to which many yards of silk thread were attached, for the

purpose of dilating the opening into the stomach. Ten of these painful treatments were given, and only one succeeded in giving relief, and that was temporary. She used Viavi faithfully for a year, and wrote: "Words cannot express my thankfulness. I am grateful to be able to eat anything naturally, and enjoy life in every way."

**"A Ball in the
Throat"**

This experience is an illustration of the suffering which can come from nervous contraction of the muscles of the esophagus, often described as though a ball were in the throat which one could not swallow. This is really a nervous stricture of the muscles of the gullet.

We have letters from other sufferers from stomach troubles of various kinds which we shall be glad to send if you are interested or desire them. Address any Viavi office.

CHAPTER XV

SOMETHING ABOUT GASTRITIS, OR INFLAMMATION OF THE STOMACH

GASTRIC catarrh, following inflammation of the lining of the stomach, is similar to a catarrhal condition in any other mucous membrane. It may pass from the acute form into the chronic.

Gastric Catarrh	Some causes of gastritis are excessively hot or cold foods or drinks, alcoholic drinks, iced water, iced milk, etc. Overeating and haste are, perhaps, the most prolific causes. It may also be produced as other catarrhal conditions are, by taking cold, mental strain, starvation, grief, etc.
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Sufferers from gastritis are generally despondent and irritable; the circulation is poor, the hands and feet are cold; the stomach may be tender to the touch, so that even clothes are uncomfortable; there is belching of gas which brings up a flat-tasting or sour fluid; much mucus in the mouth and stomach; either loss of appetite or ravenous hunger; nausea; and distention from gas. The bowels are generally constipated at first, but if they take on the catarrhal condition, the stools become fetid and mushy.

Deep-Seated Condition	Sufferers from digestive disorders should realize that the condition to overcome is usually a deep-seated one. The purpose in using Viavi is to supply to the recuperative power a means it may use to overcome the disordered conditions. It cannot be foretold how long it may take Nature to overcome the abnormal conditions, nor just what manifestations of the restorative process may arise. The process is a restora-
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five one, and cannot be accomplished any faster than Nature is able to carry it on.

**Catarrhal
Stomach**

To illustrate what others have been able to do, a sufferer wrote us, from Ontario, Canada (3904), saying she had suffered for twelve years from what her physician had diagnosed as catarrh of the stomach. Her condition was complicated by severe uterine trouble which may have been one of the causes of her stomach troubles, as uterine and ovarian disorders often affect the stomach reflexly. The physicians who treated her for almost twelve years finally told her that nothing could cure her; but through the use of Viavi she became well. Twenty years afterwards she wrote that she remained well, and had had no return of her troubles.

**Intense Pain
in the Stomach**

A man, in Illinois (4479), wrote that he suffered with severe stomach trouble for a year, vomiting almost everything he ate, and suffering intense pain at the pit of his stomach almost constantly. He lost forty pounds in eight months, and became extremely weak. Some physicians diagnosed his troubles as gall stones, ulceration of the stomach, and others, cancer.

He supplied Viavi to the recuperative forces in his body in as large quantities as they could use, and regained his health. He wrote later saying he enjoyed his meals, had no vomiting, worked steadily, and gained in weight. He thinks it wonderful that he was able to restore his health through the use of Viavi while he continued his work.

**This Man
"Came Back"**

A man, in Kansas (1784), wrote that he inherited a tendency to catarrh. He took cold easily, and was sick at his stomach. Later, his appetite became abnormal, indigestion followed, and his stomach felt as though a lump of lead were in it. A catarrhal condition developed in the head and nose, with a continued dropping of mucus in the throat, which increased greatly

when eating. There was fermentation of the undigested food, accompanied by severe gas pains in the stomach and bowels, particularly in the region of the appendix. An operation for removal of the appendix was advised and refused. His wife, who had restored herself through the use of Viavi, led him to use it. He improved gradually, and four years later wrote that the trouble was entirely gone.

**Gastritis,
Ulcers**

A woman, in Louisiana (4295), wrote that she suffered with a weak stomach, nausea, and fainting spells from childhood. Her physician advised an operation for ulcers of the stomach, to which she would not consent. She married at the age of twenty-one, and later had a nervous breakdown. While in this condition she became pregnant, and was told that an abortion was the only way to save her life. During the first three months of pregnancy she vomited eight or nine times a day, was extremely constipated, and was so weak that she could not walk the length of a room.

At this time she was led to supply Viavi to her recuperative power. She became well, and at full term gave birth, with only one hour of labor, to a fine boy who weighed seven and one-half pounds, and she felt so well that she was able to write letters the first day. She wrote, "For the greatest blessing in this life—my baby, and my own good health—I am very thankful."

**Gastritis with
Hemorrhages**

A woman, in Pennsylvania (4302), wrote that she had not been well for ten years, and had been confined to her bed for seven months, suffering with severe stomach trouble, ulceration of the bowels, enlargement of the liver, and intense nervousness. Repeated hemorrhages from the bowels exhausted her strength and reduced her weight to ninety pounds. She was given no solid food, practically living on malted milk. Although treated by many physicians, she grew no better, and it seemed as though nothing would help her.

She was led by a dealer to furnish Viavi to her recuperative power, and gradually improved until all the distressing complications were overcome. Twenty years have elapsed since then, during which time she has been able to enjoy life, and be of help instead of a care to others. She is very grateful for the splendid service rendered her by the dealer who led her to use Viavi.

A man, in New Jersey (4272), wrote that his condition was diagnosed as catarrh of the stomach. He suffered severe attacks of pain which started in the stomach and shifted to the left side, and were followed by vomiting. Some of his physicians thought he had stones in the kidneys, and that he would have to be operated upon if these attacks were not overcome. Instead of submitting to the operation, he furnished Viavi to his recuperative power, and through its use, recovered his health. Eleven years later he wrote that because of the permanent results obtained by him, he feels himself qualified to recommend the use of Viavi for conditions such as those with which he suffered.

Gastric
Pains

A man, in Arkansas (4025), wrote that for many years he could not eat anything without suffering great pain. He grew so weak that he was finally compelled to give up his work entirely. An operation was suggested which he consented to undergo, but was dissuaded from it. He used Viavi, and in a short time obtained relief, could eat without distress, and in time completely regained his health. Five years later he wrote, "I am still in good health."

Nervous
Dyspepsia

Dyspepsia or indigestion often follows nervous conditions in other parts of the body. When it is a reflex from other conditions, it naturally will not pass away until the condition causing it has been removed. This is obvious from the fact that all the organs of the body are very intimately connected through the nervous system as well as through the circulation.

For instance, a woman, in Massachusetts (3787), wrote that she had been suffering for several years from nervous dyspepsia and uterine troubles. In all probability the trouble began in the uterine organs, affected her nervous system, finally involving the digestive organs reflexly. Although under the care of several physicians, she failed to get well. She supplied Viavi to her recuperative forces, and in time became perfectly well, able to care for her home and family.

<p>Sick Headaches</p>	<p>A woman, in the state of Washington (1150), suffered for five years with sick headaches, extreme nervousness, and stomach trouble. She could only eat light foods, as food which disagreed with her caused severe headache, nausea, and vomiting. She could not sleep, and grew so nervous that she cried at times without cause. She was treated by physicians, but obtained only temporary relief. Through the use of Viavi, all these conditions were overcome, and she became entirely well.</p>
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<p>Reflex Disturbances</p>	<p>A young woman, in Wisconsin (1531), wrote she suffered from girlhood with nervous indigestion, complicated with painful menstruation and impoverished blood. Although extremely careful with her diet, the trouble became worse.</p>
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When she realized how functional disturbances of the stomach are often reflexes from congestion and inflammation in the pelvic organs, the possibility of restoration appeared to her in an altogether different light. She used Viavi, and two years later wrote: "I am better than I have ever been in my life, and can eat anything I want, and digest it." Six years later she wrote: "I gladly re-endorse my letter of long ago."

<p>Nervous Indigestion</p>	<p>A mother, in Kansas (1793), wrote that she suffered for years with nervousness and indigestion, which was accompanied by bad heart spells. She used Viavi, the headaches and digestive troubles passed</p>
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away, and two years afterwards she wrote that she was well.

**Operation
Avoided**

Here is an experience of a woman, in Pennsylvania (3935), who suffered untold agony for eight years from nervous indigestion following ovarian congestion and prolapsus of the womb. Although under the care of physicians, she constantly grew worse. The only hope offered was an operation to which she would not consent. She used Viavi, and in about fifteen months eliminated, from the womb, a fibroid growth of whose existence she had not known. The prolapsus was gradually overcome, the womb resumed its natural position, indigestion was overcome, and she became perfectly well. Twelve years later she wrote saying she had not had any return of her troubles.

**Gastritis,
Ulceration**

Gastritis oftentimes develops into ulceration of the stomach, which means that the congestion and inflammation have progressed until the tissues of the stomach have broken down. An ulceration may be either mere abrasion, or very deep, with severe pains and hemorrhages.

**Was Told She
Would Die**

To illustrate, a woman, in New Brunswick (919), wrote of receiving a serious injury from a fall. Conditions resulted involving the stomach, bowels, womb and ovaries. She later had hemorrhages of the stomach, and was told that she had a short time to live. Having overcome appendicitis through the use of Viavi some years before, she began its use again, and regained her health. She later gave birth to a strong baby boy.

**Ulcerated Stomach
and Bowels**

A woman, in Texas (1033), wrote that she became so ill with ulceration of the stomach and bowels that she was confined to her room for six months, constantly under the doctor's care. Her physicians finally gave her up, saying they could do nothing for

her. While in this condition she used Viavi. In a few months she became well enough to return to work, and continuing the use of Viavi, completely overcame the conditions from which she suffered. Her letter was written twelve years later, and she had not had any trouble with the bowels or stomach during that time. Twenty-three years after she used Viavi she wrote that she remained in perfect health.

**Operation
Advised**

A woman, in New Mexico (3266), wrote of suffering for four years with gastritis, accompanied by constipation, backache, rheumatism, and extreme nervousness. One physician diagnosed the condition as ulceration of the stomach, and proposed an operation which she refused. She used Viavi, and entirely overcame the conditions, and four years later wrote: "I have to thank my use of Viavi for my splendid health."

A man, in Illinois (1204), suffered with severe indigestion. Gas formed which caused palpitation of the heart, distressing him so that he could not sleep. Learning of the wonderful results following the use of Viavi, he supplied it to his recuperative power. Improvement soon followed, progressing slowly until all the disagreeable symptoms were overcome.

As a result of his experience with the use of Viavi when suffering from indigestion, he later used it when suffering from a very persistent and severe attack of tonsilitis, with splendid results. His wife also used Viavi, and overcame serious uterine conditions. At the time their letter was written both of them had been in excellent health for over two years.

**Prolapsus of
the Stomach**

A woman, in Oregon (2811), wrote that her suffering began with inflammation and soreness throughout the abdomen. An X-ray examination showed that the stomach had become prolapsed and was in a condition which the doctor feared might be cancerous. The appendix was very badly diseased and an

operation for its removal was performed. She steadily grew worse, and in three years another operation was advised to which she would not consent. She used Viavi, and became entirely well.

We have space for only a few of the letters received from men and women who suffered from gastritis and other conditions resulting from it, and restored themselves through the use of Viavi. But we shall be glad to send you these or others if you are interested or desire them. Address any Viavi office.

CHAPTER XVI

SOMETHING ABOUT CONDITIONS MANIFESTING THEMSELVES IN THE BOWELS

CONSTIPATION is a retention and a hardening of the feces (excrement). It may be caused by inactivity of the intestines, by a diminution of bile or other secretions, or, in women, by such mechanical obstructions as tumors, or displacements of the uterus. Constipation in men and women also usually follows when the stomach or bowels fall out of place.

Health and Auto-Intoxication Health depends very largely upon the regularity of the bowels. A normal movement of the bowels should occur daily. Inattention to the calls of nature will be followed sooner or later by bad results. When the nerves of the intestinal tract notify the brain that the intestines are loaded with waste, it is essential to health that waste be eliminated immediately. When the call is neglected the desire passes away, and poisonous substances are retained which impair the sensibility of the tract. The absorptive cells in the walls of the intestines take up the fluid parts of the waste, poisoning the blood and affecting the entire body. The absorption of this fluid part renders the feces hard and troublesome to expel, causing them to injure the rectum and anus.

Causes and Evils Normal evacuations occur with little effort. When digestion is normal, the passage of the feces causes a pleasant reaction to the nervous system, followed by a feeling of relief. There is perhaps no more common cause of suffering than constipation. The face, the eyes, the complexion, all show its presence in a very

decided manner to those who know how to read the indications.

The nervous condition of the body affects the intestinal tract and has a great deal to do with constipation. The bile has the power of exciting the peristaltic movement of the bowels, and in this way aids the onward movement of the food and waste. Bile is Nature's purgative, but if the nerves are not in a condition to be stimulated by it, the bowels remain sluggish and constipation occurs.

**Liver and
Rectal Trouble**

The distention of the bowels impedes the circulation of the blood in other organs, and thus causes congestion of the portal system, which enters the liver. This results in diseases of the liver, and rectal trouble. In women accumulated fecal matter causes inflammation of the womb and ovaries, displacements, leucorrhea, and menstrual troubles. The nervous sensibility of the bowels becomes so much reduced that powerful purgatives are required to excite them to action. This gives only temporary relief, and derangements of both stomach and bowels ensue in time.

Because it is easier to use a purgative than remove the cause of constipation by changing the diet or habits, many habitually use purgatives. Rational effort, persistence, and patience are required to overcome constipation.

**Chronic
Constipation**

A man, in Nebraska (3320), suffered with chronic constipation for fourteen years. He had to take a pill each night, or suffer a severe headache the next day. He used Viavi, and in a comparatively short time the bowels functioned regularly; and seven years later he wrote that his restoration had been permanent.

**Convulsions from
Constipation**

A mother, in Ontario (1115), wrote that her baby had ailed for eight months, having convulsions which the doctor told her were caused by constipation. The mother supplied Viavi to the recupera-

tive forces of her little baby. After a few days use of Viavi, the baby eliminated large quantities of green impurities from the bowels, which doubtless was the cause of his illness. Improvement then began, the baby gained ten pounds in two months, and became entirely well.

**Chronic
Constipation**

As constipation may follow uterine troubles, so it may cause inflammation of the womb and ovaries. Here is an illustration. A woman, in California (3802), suffered for years with chronic constipation. Her skin was sallow, she menstruated only half a day a month, and was very much run down. She used Viavi, the constipation was overcome, the skin became clear, and menstruation normal.

**Lump in
Colon**

A woman, in Michigan (1506), suffered for years with constipation, sour stomach, gas, liver trouble, and severe pain. At times a large lump appeared on her left side at the waist line, which the doctor said was in the colon. If she fasted for a few days, the lump disappeared, but re-appeared when she ate again. She supplied Viavi to her recuperative power, and in about four months passed a substance from the bowel resembling a piece of old garden hose, about four inches long. It looked as though fecal matter had adhered to the walls of the bowels, forming a "sleeve" or tunnel, through which the accumulated contents of the bowel could pass. She regained her health entirely, and wrote five years after her restoration saying she had had no trouble since. Eleven years later she wrote, "I can say that the trouble has never returned."

**A Curious
Cause**

Stoppage of fecal matter in the bowels is sometimes caused by women swallowing ends of threads which they bite off after tying a knot in sewing silk or thread. This forms a nucleus about which fecal matter accumulates, forming a lump like a tumor in the bowels.

The use of the X-ray has made the particulars of these unusual conditions more easily and clearly discernible; but although these may be known, it is only through the recuperative power that the condition itself, and its effects can be overcome; and the recuperative power must be furnished means it can use to overcome it.

**Pernicious
Anemia**

A farmer, in Oregon (3485), wrote of suffering caused by overwork. Constipation was one of the worst features of his condition. He was so worn out and tired that his stomach could not take care of the food. He had sores in the mouth and on the tongue which eventually affected the entire alimentary canal, making the rectum very sore. His physician found that the blood count revealed a thirty-five per cent deficiency of red blood corpuscles, and pronounced his condition pernicious anemia. Although the physician said his condition was incurable, transfusion of blood was suggested as a possible means of temporary relief, and prolongation of life. An operation for removal of the spleen was suggested, but refused.

He supplied Viavi to his recuperative power, and after four months the mouth was healed, the circulation, appetite, and digestion improved. He continued the use of Viavi until he was entirely well, and believes the use of it saved his life.

ABOUT APPENDICITIS

Constipation so often precedes or accompanies appendicitis that many think it is the principal cause of appendicitis; but it may occur when there is no constipation. The appendix is a little tube of varying diameter and length, with a closed end, attached to the lower end of the ascending colon in the right groin. It often becomes congested and inflamed, sometimes remaining in this condition for a long time before a process of infection reaches the stage where pus begins to form. Congestion and inflammation of the appendix is similar to congestion and inflammation elsewhere in

the body, but because of its shape, the delicacy of the tissues of which it is formed, its peculiar blood supply, and its location, congestion and inflammation of the appendix tend to produce serious results. As the process of inflammation extends, adhesions are very easily formed with the surrounding tissues. Inflammations from the adjoining tissues and organs easily extend to the appendix, so that adhesions form, and a mass can be felt in the vicinity of the right groin. When pus forms in the tube it becomes a sac which enlarges with the accumulating pus, and when it ruptures, the pus passes into the abdominal cavity, causing peritonitis, and in some instances, death.

**Difficult to
Diagnose**

Attacks of appendicitis may come suddenly, causing severe and acute pains, or may extend over a period of years with more or less severe recurring attacks. The physician sometimes finds it difficult to decide positively whether the condition is one of appendicitis alone, or is complicated with adjacent, inflamed organs, as for instance, with the womb and ovaries in a woman. It is even difficult to determine whether the condition is one of appendicitis or not, in men.

**Learned of
Viavi**

For instance, a man, in Ontario (2715), suffered for over two years, gradually growing worse. He had a lump in the right side which caused excruciating pain at times. His physicians thought this was appendicitis, and sent him to the hospital. The specialist there was in doubt, and not wishing to operate until he was sure, sent him home for a couple of months before undergoing an operation.

Learning of Viavi through friends, he began its use. About a month later putrid matter passed from the bowels, followed by great relief from pain. A few weeks later an abscess broke, and pus passed each time the bowels were evacuated. A little later small lumps which were full of yellow matter, came away. The lump

in the side disappeared entirely, and his health was regained. Eight years later he wrote that he continued well, and had had no return of the conditions from which he suffered.

Operation Unnecessary A woman, in Texas (1222), wrote she suffered agony for years, growing worse all the time. Her physician advised that he could do nothing for her unless an operation was performed for removal of the appendix and the ovary. She used Viavi, and eighteen months later wrote: "I am now strong and entirely well."

Appendicitis With Dysmenorrhea Appendicitis is often complicated with menstrual difficulties. A young woman, in Arkansas (4074), wrote she became so ill that she was obliged to give up school. Every month she "almost suffered death" at her menstrual periods, which were accompanied with what she called "dreadful spells" with her side. During these spells her arms and hands drew up so that she had no control of them whatever, and her physician had to be called to straighten them. She used many things, including serum treatments, but grew worse. Finally, the physicians to whom her mother had taken her, decided that she had appendicitis and misplaced ovary, and advised an operation for removal of the appendix and replacement of the ovary, which the young woman refused.

Learning of Viavi through a friend, she began its use. Improvement began in a short time, continuing until she was entirely well. She is very happy to have been able to avoid the operation and become so thoroughly well.

Appendicitis Following Strain A man, in Maine (4230), wrote that when he was twelve years old, he strained himself riding a bicycle, and was taken suddenly ill in the night with intense pain throughout the abdomen. A physi-

cian diagnosed the condition as appendicitis, and advised an immediate operation. The operation was delayed, and Viavi supplied to the boy's recuperative power. Relief came soon, and in time he was entirely restored. Thirteen years later he stated that he had not had the slightest symptom of appendicitis in all that time.

Three Attacks of Appendicitis A mother, in Pennsylvania (4317), wrote that her twelve year old son had three attacks of appendicitis, the last leaving him so weak that he was confined to his bed for four weeks. His physician said it would probably be necessary to operate if he had another attack. As the mother did not wish to have him operated upon, she supplied Viavi to his recuperative forces. Improvement soon began, and from a delicate boy he developed into a sturdy, healthy one, entirely overcoming all symptoms of appendicitis.

Chronic Appendicitis Constipation is often considered a simple ailment, being so common that its seriousness is entirely overlooked and underestimated. A young woman, in Missouri (3955), wrote that she suffered with constipation which was followed by chronic appendicitis. The ovaries were inflamed, and the womb rested upon the bladder, causing a constant desire to urinate. She began using Viavi, and soon afterwards had an acute attack of appendicitis about five o'clock in the afternoon, for which the doctor insisted that she be operated upon before night. He said something had occurred in the appendix which might burst at any time, and perhaps cause peritonitis; but her improvement during the short time she had used Viavi had been such that she decided not to have the operation, but to continue its use. After two days of severe pain she began to improve, and in time regained perfect health. All the conditions from which she suffered passed away, and she was able to enter into the life of her children and become a real companion to them.

**Operations
Advised**

A woman, in Massachusetts (3786), suffered nine years with what was apparently appendicitis, with suppressed menstruation, congested ovary, and prolapsus. The specialists, who attended her, all said that an operation was necessary. She did not have the operation, but grew worse, and three years later an operation was again advised. She was led to use Viavi by a friend who had overcome similar conditions through its use. Improvement began shortly, and at the end of fifteen months she was perfectly well.

**Thirteen
Attacks**

A woman, in Arizona (819), wrote that about five years before she suffered from appendicitis, having had thirteen attacks. Her physician told her that she would be unable to live more than two weeks without an immediate operation, to which she would not consent. She learned of Viavi, and through its use restored her health, never having a pain or attack in that region since.

A man, in Delaware (4304), wrote he was in poor health for years. A number of physicians diagnosed his condition as chronic appendicitis; others as gastritis. He became despondent as no results were obtained from anything which the physicians furnished to his recuperative power. He used Viavi, and in a few months felt a change for the better, and in a year and a half considered himself an entirely well man. Writing nine years later he said his good health continued.

**Ovarian
Complications**

A woman, in Nebraska (3319), wrote that she began suffering at her periods from the beginning of the function at fourteen years of age. This was followed two years later by leucorrhea. Then appendicitis with ovarian trouble developed. She often had sinking spells, and was confined to her bed. She used Viavi, and after a few months was able to resume her work and care for her home. Although she had been denied

the happiness of motherhood before, she became pregnant. Continuing the use of Viavi, she not only recovered from the appendicitis, ovarian trouble, and painful menstruation, but became the happy mother of a baby boy. At the time of writing she had not had any return of her trouble.

**Operation
Advised**

A woman, in Idaho (2313), suffered with what her physicians diagnosed as chronic appendicitis. for which they advised an immediate operation; but learning of Viavi, she furnished it to her recuperative power instead. Relief from the pain in the side and sickness in the stomach soon came, and she continued to improve until health was regained completely. Three years later she wrote that she had not had appendicitis since.

**Acute
Appendicitis**

A young woman, in Manitoba (1106), wrote that she suffered for a year and a half with very acute attacks of appendicitis, each attack being accompanied with so much pain that it was necessary for the doctor to administer morphine. One attack followed another until she became so discouraged that she almost submitted to an operation which had been advised many times by her physician, and which she wished to avoid. An aunt led her to use Viavi, and through its use the appendicitis was overcome, and the pains in the ovaries and back from which she had suffered; the headaches, leucorrhea, and painful menstruation, all passed away.

A woman, in Minnesota (4527), wrote that she suffered for over two years from what her physician diagnosed as chronic appendicitis. She had a drawing pain in the right side, sometimes near the waist-line, and sometimes very low in the abdomen. It was necessary to remain on the right side when lying in bed as it was impossible to turn over or get out of bed without causing terrific pain. She used Viavi, and in time all her troubles disappeared. Writing eight years later she says she has remained well.

DIARRHEA

Diarrhea, the opposite of constipation, is caused by an overstimulation of functional activity. It is characterized by frequent liquid evacuations, which may be accompanied with severe pain or none at all. The character and quantity of the stool vary, and the disease may be either acute or chronic. It is the bane of infancy and childhood, claiming thousands of victims annually.

**Diarrhea,
Malnutrition**

A mother, in Oregon (3849), wrote that her baby boy who weighed eight and one-half pounds at birth, suffered with malnutrition, weighing only seven pounds at seven months. He became emaciated as no food could be found which agreed with him. The stools were green in color, and there was a great deal of fermentation and gas. He could not retain anything on his stomach, and vomited constantly.

Learning of Viavi, his parents furnished it to his recuperative power. In a short time the stools looked more normal, and the bowels and stomach began to improve. At two and a half years he was a sturdy, robust child, perfectly healthy in every way, weighing thirty-four pounds.

**Chronic
Diarrhea**

A young man, then living in Kansas (1118), wrote that he suffered from chronic diarrhea which followed dropsy after an attack of measles. The bowels moved as many as fifteen times a day, leaving him so weak that he often cried like a child. Mother and son were very much discouraged over repeated failures to restore his health, for they employed many physicians. The use of Viavi was begun, and in time this condition was overcome. Eleven years later he wrote from Oklahoma that he was still enjoying good health, and was strong and vigorous.

**Amoebic
Dysentery**

A man, writing from Louisiana (3709), recounts his suffering from a condition diagnosed by several physicians as amoebic dysentery, which is an inflammation of the mucous membrane of the intestines, with bloody, slimy stools, due to the presence of amoebas. He was much run down, often suffering from this form of dysentery for months. Through the use of Viavi this condition was entirely overcome, and three years afterwards he wrote that there had been no return of this serious and distressing trouble.

ABOUT INTESTINAL CATARRH

The symptoms of intestinal catarrh vary according to the part of the tract involved and the degree of the inflammation. When the inflammation is confined to the upper part of the tract, diarrhea is seldom present; but when the lower part is involved the stools are slimy and often bloody, and usually preceded by sharp, cutting pains, which subside after stool.

**The Chronic
Form**

When acute intestinal catarrh develops into the chronic form, the sufferer becomes emaciated, the abdomen sinks inward, and the bowels are alternately constipated and loose. The hard stools are covered with a phlegm-like substance, and the soft stools are slimy and jelly-like. A substance resembling the lining of the bowels sometimes passes. Quantities of gas pass from the bowels, giving relief for the time.

**Catarrh of
the Bowels**

A man, in Missouri (3863), wrote that he suffered with catarrh of the bowels, the attacks being so severe and occurring so often that he not only suffered much pain and inconvenience, but was detained from business for a considerable time. He used Viavi, and in a few weeks began to improve, and eighteen months later wrote that he was in better health than he had been for years.

**Uterine
Complications**

A woman, in Pennsylvania (3486), wrote that she suffered with a catarrhal condition of the bowels, painful menstruation, prolapsus, hemorrhoids, and a fibroid tumor. She had been unable to carry a child through the full term of pregnancy, but through the use of Viavi restored her bodily health and strength, eliminated the tumor; and later gave birth to a healthy baby.

**Obstinate
Constipation**

A mother, in Colorado (3123), wrote that she was examined by a surgeon who diagnosed her condition as catarrh of the bowels, stomach, and bladder, complicated with enlargement of the liver. Obstinate constipation was present, the bowels never moving without the use of powerful laxatives. When they did move, there was much mucus and blood mixed with the stools. Mucus passed in large quantities from the bladder when urinating, also discharging from the vagina. She was also troubled with a uterine fibroid, an ovarian cyst, and other troubles. An operation was being performed to remove the cyst when the doctors discovered that she was pregnant.

**Diagnosis of
Cancer**

Several physicians who examined her said she had a cancer of the stomach and could not live. Her blood pressure was very low, and she weighed only ninety-two pounds. She could not even take a drink of water without distress, at times; and the only nourishment given for a long time was part of a raw egg and a little milk. Even this caused terrible suffering. She then used Viavi. Her recuperative forces eliminated the poisonous matter in her system through the bowels, her circulation improved, she grew less nervous, slept better, and overcame the constipation. In about three years she was entirely well, and gave birth to a nine and three-quarter pound girl.

Bowel and Ovarian Trouble Bowel trouble often follows uterine or ovarian derangements, indicating that congestion and inflammation in these organs affect other vital organs in the body. For instance, a young woman, in Virginia (4166), suffered severely with catarrh of the bowels and stomach following ovarian trouble and painful menstruation. Her nerves were wrecked, the circulation was so bad that her limbs were almost stiff. She was treated by many physicians, but the relief obtained was only temporary. She furnished Viavi to her recuperative power for about eighteen months, and became entirely well. Three years later she wrote, "I am strong and well;" and eighteen years later wrote again, saying. "I am still strong and well, and have had no return of the troubles which I overcame through the use of Viavi years ago."

Bowel and Stomach Trouble A woman, in Tennessee (4481), wrote that she had been a miserable wreck, never without pain. She suffered five years with severe stomach and uterine troubles. She was led to use Viavi, and in writing about it, says her restoration was complete.

Colitis in A Child A mother, in Idaho (2217), sent a photograph of her beautiful girl, telling us that her health was so poor during the time she carried this child that the baby was born very weak. When about two years old, the child could not digest milk, but threw it up in large chunks of curd. Her bowels were severely constipated, so that at times the mother was obliged to give her as many as seven injections in one day to secure a bowel movement. The child's abdomen was swollen out of proportion. She slept with her eyes open, gritted her teeth continually, and had a tallowy, death-like color. Several physicians treated the child, and all diagnosed her trouble as colitis, or catarrh of the intestines, but none seemed able to help her. Viavi

was supplied to the child's recuperative power, and the condition was entirely overcome. At four years of age the child was perfectly well, literally transformed.

We have space for only a few of the letters we have received from men and women who suffered or whose children suffered from bowel troubles and their complications, and restored themselves through the use of Viavi. But we shall be glad to send you these or others if you are interested or desire them. Address any Viavi office.

CHAPTER XVII

SOME OF THE CONDITIONS MANIFESTING THEMSELVES IN THE REGION OF THE RECTUM, SUCH AS PILES, ABSCESS, FISTULA, ETC.

THE rectum, six to eight inches in length, is the termination of the alimentary tract. The part of the abdomen in the region of the navel is occupied chiefly by the small intestines, which enter the large intestine (colon) in the region of the right groin. The colon here turns upward, forming the ascending colon; passes across the body just above the navel, forming the transverse colon; then turning downward to the left groin, forms the descending colon. In the left groin it makes an S-like turn (the sigmoid flexure), going toward the center of the body and fitting itself into the curve of the sacrum, thus forming the rectum, which descends behind the bladder (in women the womb and vagina also) and terminates in a backward turn at the anus. This brings the sigmoid flexure immediately behind the left ovary of women. The rectum terminates in two sphincters, the internal and the external, composed of small rings of muscle, which relax and contract as do other sphincters. This is the normal position of the bowels, but they are subject to displacement.

Blood Supply of the Rectum	The blood vessels of the rectum are abundant, and are remarkable for an absence of valves in the veins. The arteries which carry the blood supply to the rectum subdivide, as arteries everywhere in the body do, into minute capillaries. These in turn enlarge into a network of small veins, the hemorrhoidal plexus, which surrounds the lower end of the rectum. These
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veins become larger as they proceed and unite with similar veins from the abdominal region, and eventually form the large veins (the portal system) which empty into the liver. This explains how a diseased liver or any other interference above the rectum, impeding circulation, may seriously interfere with the circulation in the veins of the rectum. The effect is the same as tying a cord about the arm above the elbow; it interferes with the circulation in finger ends. The damage thus done the blood vessels of the rectum is very much greater by reason of the absence of valves in the hemorrhoidal veins and their large capacity. As the tissues in the rectum are elastic, they permit of great expansion in the veins.

**Many Causes
of Piles**

The rectum, on account of its large and peculiar blood supply, is likely, from impeded circulation within any part of the abdominal and pelvic cavities, to become the seat of painful diseases, the most common of which are hemorrhoids, or piles. These are caused by an abnormal collection of venous blood in the rectal veins.

The chief causes of piles are the position of the hemorrhoidal veins as the terminals of the abdominal vessels, and the absence of valves to sustain the return flow of blood in its upward course. Hemorrhoids most frequently appear at the bulb-like enlargements of these veins which occur close to the mucous membrane of the rectum.

**Predisposition
to Piles**

Any cause that favors an undue accumulation of blood in these parts predisposes to piles. In men they are caused by stagnation in the liver, the habitual use of cathartics, a long-continued sitting or standing position, lifting, alcoholic stimulants, eating highly seasoned food, horseback riding, and constipation. In both men and women, ptosis, that is a falling of the stomach or the bowels which cause impactions in the bowel, may also cause piles. In women they are caused, as a rule, from an enlarged and misplaced

uterus, mechanical pressure from tumors in the abdomen, pregnancy, the wearing of tight corsets and bands about the waist, heavy skirts which impede the circulation and crowd the viscera downward, constipation, the habitual use of cathartics, diarrhea, sitting on heated cushions or cold stones, indolent, luxurious habits of living, and an inherited tendency.

**Different Kinds
of Piles**

Piles are divided usually into the external, or blind, and the internal, or bleeding. External piles are again divided into venous and cutaneous.

The venous piles are caused by a distention of the external hemorrhoidal veins terminating about the anus. They appear about the anus as soft, bluish, round tumors. Such piles will not cause much suffering unless inflamed, when they become exquisitely sensitive and often suppurate, terminating in fissures and other painful conditions. Such piles rarely bleed.

In cutaneous piles the skin about the dilated vessels becomes inflamed and sensitive. Small tumors are thus formed, which often hang down like tags.

**Internal Piles
Described**

Internal piles are much more serious than the external. They are situated above the sphincter and anus. The sufferer's attention is first attracted by losing blood at stool. This symptom may be present long before pain is experienced. Later the bleeding may occur at any time and amount to debilitating hemorrhages. As the disease progresses, pain is experienced at stool; there is a heavy pressure, as from a load in the lower part of the abdomen, and the rectum never feels completely emptied. There may be an indescribable itching or burning and rawness within the rectum. Sufferers become irritable and nervous. They have backache, headache and numerous other painful symptoms, until the whole system in time gives way. The piles become large and protruding, dragging the bowel with them, thus causing prolapsus. These pile

tumors may remain protruding so long that they become strangulated, their great size preventing their return within the anus. The pain is extreme. Urinary disturbances frequently result from the irritation.

Although given many names, piles are simply dilated veins of the lower end of the rectum, surrounded by infiltrated tissue. Besides the serious inconvenience and pain, there is a possibility of fistula, and because of continuous irritation, cancer. It is therefore important that piles be overcome.

**Letters of
Appreciation**

We have many letters of appreciation, written by men and women who have overcome piles and hemorrhoidal conditions through the use of Viavi. For instance, a man, in New Brunswick (757), who suffered for forty years with piles, wrote three years after he had become well, saying it gave him pleasure to record his complete restoration through the use of Viavi.

**Operation
Unnecessary**

A woman, in Kansas (3926), who had suffered for years from hemorrhoids and had found nothing to relieve her, used Viavi and restored herself completely. In writing to us she said: "What a wonderful thing to overcome this trouble in one's own home, and without the knife!"

**Internal Bleed-
ing Piles**

A woman, in British Columbia (1089), had internal bleeding piles from childhood. She was treated by her physician, and an operation finally performed which brought relief for a few months, then she suffered worse than before. She was led to use Viavi by a neighbor. Relief came soon, and in a comparatively short time, restoration. Her letter was written three years afterwards, and there had been no return of her troubles.

**Unable to
Work**

A man, in California (953), was afflicted with internal hemorrhoids so that he could not attend to his work without being obliged to lie down for

fifteen to twenty minutes at a time to get relief. He became completely well through the use of Viavi.

**Rectal
Trouble**

A woman, in Kentucky (4528), suffered for many years with severe chronic rectal trouble. She was treated by her physician for several years, but obtained only temporary relief. She was then led to use Viavi. Marked improvement appeared after a few months' use, and in eighteen months she was entirely restored. Eleven years later she wrote, "I have had no return of my trouble after all these years." Ten years later still, she wrote that she continued well.

**Pile
Tumors**

A woman, in Ohio (1334), wrote she was prostrated by a very aggravated form of pile tumors. Her mother had suffered with a similar trouble that terminated in cancerous fistula, which naturally made this sufferer apprehensive. She supplied Viavi to her recuperative forces, and restored herself to complete health, and six years later wrote, "I have had no return of the trouble."

**Piles with
Uterine Growth**

A woman, in New Hampshire (4216), wrote that she suffered with piles, adhesions, and a growth. Recalling the benefits she secured through the use of Viavi eighteen years before, she again furnished it to her recuperative power. She improved gradually, and in time the tumorous growth was thrown off. Five years later she wrote, "I still feel well, sleep well, eat well, and enjoy life."

**Stinging,
Itching Piles**

A woman, in Iowa (2814), whose mother had used Viavi, wrote of suffering with bleeding piles which followed prolapsus of the womb. The pressure of the womb upon the blood vessels in the rectum impeded the circulation so that they became gorged with blood. When the blood is held in these veins, it cannot return readily into the general circulation, so

that local changes and degeneration take place, producing a stinging, itching sensation which is almost intolerable. This woman supplied Viavi to her recuperative power, and became well. Writing five years later she says the prolapsus was entirely corrected, and the piles and all other troubles caused by prolapsus were overcome.

**Rectal
Prolapsus**

Normally, there is a slight turning outward of the rectal mucous membrane with every evacuation of the bowels. But if this is increased—as it often is in weakly individuals, especially those subject to chronic constipation or diarrhea, or when straining at stool is occasioned by rectal irritation due to worms, piles, or diseases of neighboring organs—this eversion of the rectal mucous membrane is continuous, passing to a stage of incomplete prolapsus, in which the mucous membrane protrudes, and then to a stage of complete prolapsus in which not only the mucous membrane but the whole bowel extends into the world as a livid, swollen, and extremely painful mass.

**Prolapsed
Rectum**

A man, in Oregon (1063), suffering from piles, had a very severe attack of prolapsus of the rectum. He was in bed three weeks, having faithful treatment from his physicians, which, however, failed to restore him. He was told that an operation was the only cure for his condition, but not wishing to be operated upon if it could be avoided, he furnished Viavi to his recuperative forces. In a short time he felt well enough to resume his business, and continuing the use of Viavi, overcame the piles which had troubled him for ten years, and the prolapsus of the rectum. Eleven years later he wrote he was still well, and felt fine.

**Suffered for
Twenty Years**

A woman, in Wisconsin (2177), suffered for twenty years with internal piles and prolapsus of the rectum. Many treatments were used without benefit, and an operation was finally suggested, which

she refused. Her sister led her to use Viavi, and in time the pilës disappeared, the tissues of the rectum regained their elasticity, and the rectum resumed its proper position. Ten years later she wrote that none of the old conditions had returned.

Ulceration of Rectum

Ulceration of the rectum, always being accompanied with discharges of bloody mucus, diarrhea, and pain, is often incorrectly diagnosed as dysentery. Ulceration of the rectum is usually not nearly as painful as ulceration of the anus although much more serious. There is an almost constant desire to evacuate the bowels. The discharge consists of a little blood-tinged mucus. Extensive ulceration of the rectum may cause no pain whatever, or extreme suffering may follow each evacuation. Ulceration results from impeded venous circulation and accompanying piles or rectal tumors, or from displacements, liver trouble, etc.

Ulceration With Fistula

A woman writing from Pennsylvania (3959), tells how she developed itching piles following constipation twenty-five years before. In spite of medical attention, the piles enlarged, protruding like a bunch of grapes, and bleeding from the least exertion, especially from stooping or walking. Examination by two physicians revealed a badly ulcerated rectum and a fistula. An immediate operation was advised as the development of cancer was feared. Learning of Viavi, she began its use, continuing for a year and a half. The circulation was increased, the pain lessened, the nervousness passed away, and health was completely restored. Fifteen years had passed at the time she wrote, and she had had no return of her trouble.

Abscesses of the Rectum

Rectal abscesses form in and around the rectum. They may be acute or chronic, and as a rule are accompanied with severe suffering and general debility. They frequently follow a serious illness. Before

the abscesses break and discharge, intense burning and throbbing pain occurs. An abscess in the rectum, as elsewhere, is always preceded by inflammation, and is characterized by formation of pus. As inflammation follows impeded circulation, the difficulty may be overcome if the circulation is re-established.

**Abscesses of
the Bowels**

A woman, in Colorado (1974), wrote that for over a year she suffered with abscesses of the bowels so badly that she was bedridden. Being so weak, and not expected to live, her physicians refused to operate. She used Viavi, and in time the abscesses healed and she was fully restored.

**Rectal
Abscesses**

A woman, in Missouri (3475), suffered for thirty years. Among her many troubles were abscesses of the rectum which caused her torture. Her condition began to improve soon after beginning the use of Viavi, and at the end of two years her health was fully restored. She had enjoyed twelve years of perfect health when she wrote her letter.

**Rectal Abscesses
and Fistula**

A woman, in Iowa (1300), wrote that twenty-three years before her physician discovered that abscesses had formed and a fistula had burrowed its way into the tissues of the rectum. These conditions followed inflammation and displacement of the pelvic organs. An operation was advised to which she would not consent. She was led to supply Viavi to her recuperative power, and in time complete restoration followed. She wrote, "There has never been any return of the trouble during the past twenty-three years."

**Fistula of
the Rectum**

A fistula is a small tube-like opening burrowing up or down the side of the rectum in the surrounding tissues, with one or several openings. If the fistula has an opening in the mucous membrane of the

rectum; and also one in the skin of the buttocks or near the anus, it is called a complete fistula; if it has but one opening, in the mucous membrane of the rectum, it is an incomplete internal fistula. Fistulas frequently follow rectal and anal abscesses, and either internal or external injury to the parts.

**Rectal
Fistula**

A woman, writing from Missouri (3859), tells of suffering for many years with piles, finally developing fistula. After two years of suffering she was operated upon, thinking it would end her suffering, but it did not. Learning of what others had accomplished through the use of Viavi, she supplied it to her recuperative power, and in time entirely restored her health. Twelve years later she wrote she had had no return of her trouble, and although seventy years of age, had extremely good health.

**Internal
Fistula**

A man, in Illinois (2275), suffered intensely for eighteen years following internal fistula. His wife led him to use Viavi, and in about a year he restored himself. He wrote, "I am free from pain and soreness in those parts which were affected." Nine years after, he wrote that he had no return of the trouble.

**Bleeding Piles
With Fistula**

A woman, in Illinois (4529), relates her experience with fistula. Her suffering began with bleeding piles. A boil or abscess formed just inside the rectum which later broke and discharged matter, giving relief for the time. It again formed and broke, causing intense suffering. An operation was performed which gave temporary relief for about three years, but the old trouble returned. She used Viavi, and after a few months expelled matter from the rectum which, as she describes it, resembled a chicken craw. This was followed by pieces or strings of tissue, and in time complete health was regained. Thirteen years later she

wrote, "I haven't had a sick day since I was restored;" and nine years later still, reaffirms the continuance of her good health.

**Fistula and
Hemorrhoids**

A woman, in Oregon (2809), tells how she suffered from uterine trouble, serious hemorrhoids, and fistula in the rectum. She could not stand on her feet long enough to wash the dishes without having to stop and sleep in spite of all she did to keep awake. She had pains through the abdomen, the back, and at the base of the brain; could not even wear a hat as the weight was unendurable and caused frightful headaches. Failing to restore health through the treatments given, her physician advised an operation to which she would not consent. She used Viavi, gradually grew better until she became perfectly well, and six years later wrote that her restoration had been permanent.

**Fistula for
Nine Years**

A user, in California (3629), wrote that she suffered with fistula for nine years, from which there was a continuous discharge. She grew very thin and nervous. Her physicians advised her that she would have to undergo an operation to obtain relief. The fistula gathered and was lanced, which gave relief for a time, but it later enlarged, and she suffered as severely as before. With little hope, she began the use of Viavi. Improvement came after a short time which encouraged her to continue its use. In time, the fistula healed, and she became entirely well. Her letter was written a year after her restoration, and she had had no return of the trouble.

**Prolapsus Ani,
Prolapsus Recti**

Prolapsus ani is a protrusion of the lining of the rectum through the anus; prolapsus recti is a protrusion of the whole thickness of the rectum. This trouble is more frequent in children than in adults, but in either it shows slight resisting power, and excessive muscular relaxation in which the whole organism is

implicated. Prolapsus is aggravated by straining at stool, constipation, or irritation from worms. It often accompanies piles.

Sphincterismus; or spasm of the sphincter, is attended with pain. It is nearly always associated with ulceration or fissure of the rectum, or inflammation of surrounding organs.

**Pruritus of
the Anus**

Pruritus, or painful itching, of the anus is due to many causes, such as worms, small external piles, eczema of the parts, nervousness, and excoriating discharges. It is sometimes purely nervous, no inflammation existing, but is usually an obstinate condition to overcome. Nervous persons who give way to scratching often produce an eczema, or excoriate the whole anus and surrounding parts.

**Fissure of
the Rectum**

Fissure of the rectum is very painful, caused by passage of large, hard stools which excoriate or crack the mucous membrane at the anus. The minute nerve filaments so exposed are constantly irritated. In time an ulcer forms which will not heal spontaneously. Fissures cause severe spasmodic pains or contractions of the sphincter. The pains at stool are so severe that the sufferer often postpones emptying the bowels as long as possible, with detrimental results. The severity of the pain is greatly out of proportion to the extent of the region involved, which is rarely larger than the nail of the little finger. The fissure can be seen by separating the folds about the anus.

**Fissure and
Internal Piles**

A man, in Pennsylvania (4175), tells how he restored his health through the use of Viavi after suffering from fissure of the rectum following internal piles. He had been told there was no hope except through an operation, but he overcame the conditions through the use of Viavi, and later wrote, "I am a well and sound man today."

**No Help From
Surgery**

A young woman, in Nova Scotia (637), tells how she suffered from fissure of the rectum following constipation and piles, which were due to a displacement of the womb. Her physician did all he could for her, and finally told her that nothing but cutting and stitching the fissure would avail, which was done without restoration being effected. Learning of Viavi through a woman who had restored her health from a similar condition, she began its use. The piles disappeared and the constipation was relieved. She later used Viavi more faithfully, and restored herself from all her troubles, including the constipation of fifteen years standing. She wrote, "More than five years have elapsed, and up to the present I have remained perfectly well."

**Rectal
Fissure**

A woman, living in Oregon (3330), wrote that she suffered from rectal fissure and hemorrhoids at intervals for twenty-four years. The condition became so painful that she suffered torture. No hope of relief was offered except through an operation, to which she consented, but later re-considered. Later, following an enema, a quantity of something containing scab-like pieces passed from the rectum, leaving a rawness and burning that extended well up into the lower bowel. The acute and almost constant stabbing pains of the fissure had caused her to overlook the fact that there was a serious condition involving the entire rectum. She then realized that the operation on the external fissure and hemorrhoids might be but a small part of what the surgeons might find to do.

About this time she learned of Viavi and began its use. Improvement soon began, and in time the fissure was healed and the rectal discomfort disappeared. Five and a half years later she wrote: "I am all through the change of life and I wouldn't have known I was passing through that period were I to judge by any suffering or any inconvenience I had in any way. I am so thankful

I used Viavi instead of having an operation, for I am still a well woman."

**Stricture of
the Rectum**

Ulceration often results in stricture of the rectum. Many sufferers from ulceration have saved themselves from that deplorable condition through the use of Viavi. Even after formation of the stricture, many sufferers have found that the hardened tissues became softened and absorbed, and the parts restored to normal condition, through the use of Viavi.

**Effect of
Stricture**

A stricture reduces the calibre of the rectum, thus holding the fecal matter. This causes the bowel at the part just above the stricture to become dilated and often ulcerated. When the evacuations force themselves through the narrow space, they are flat or like a pencil. However, stools thus shaped may be caused by a displacement of the womb, enlargement of the prostate gland, tumors, or an irritable sphincter. The rectum always feels as if loaded with fecal waste, but the bowels are not always constipated; diarrhea and constipation may alternate. Looseness of the bowels compels the sufferer to go to stool frequently, each time passing only a little gas and mucus with a few hard lumps of fecal matter.

Stricture never exists unless there have been extensive and chronic rectal troubles; hence there is much for the recuperative power to do. It must eliminate and repair, and this rational and natural process requires time.

**Rectal
Tumors**

Rectal tumors are much the same as tumors elsewhere. They are given various names, but in all probability are due to much the same cause. While the cause is not definitely known, it is thought that tumors are the result of impeded circulation, followed by the accumulation of impure or poisonous matter, or an overgrowth of tissues. The purpose in using Viavi

is that Nature may use it in establishing normal circulation, thus tending to prevention of, and elimination of tumors.

**Easier to Cut
Than Cure**

In diseases of the rectum, as elsewhere, it is much easier to cut than to cure; but much of this cutting is unnecessary. Surgery of the rectum often fails to assist Nature, and in many cases prevents her helping herself. Diseases of the rectum do not become established quickly; they may therefore be expected to yield most readily to early attention. Unless given early attention, they may develop into conditions in which operative measures are suggested. The rectum is not a simple mechanical tube. It has varied and important functions, and a mechanism adapted to these. Being a very highly organized and specialized structure, pieces of it cannot be dissected nor cauterized, nor the terminals of the arteries and veins destroyed or treated surgically without running the risk of great injury; and, as has been shown by experience, the risk of being followed by cancer.

We have space for only a few of the letters we have received from men and women who suffered from rectal troubles and their effects, and restored themselves through the use of Viavi. But we shall be glad to send you these or others if you are interested or desire them. Address any Viavi office.

CHAPTER XVIII

SOMETHING ABOUT THE LIVER AND GALL BLADDER, AND SOME OF THE DISEASES TO WHICH THEY ARE SUBJECT

THE liver is the largest gland in the body, being composed of very small lobules. It is situated in the right side, with the gall bladder, a sac for the bile, in its lower surface. The liver is covered externally by the peritoneum which forms most of the suspensory ligaments that hold it in place. It has five lobes, the right being the largest; and five vessels, namely, the hepatic artery and vein, the portal vein, the hepatic duct, and the lymphatics.

Functions of the Liver

The blood from the capillaries in the mucous membrane of the alimentary tract and the spleen is not returned directly by the veins to the heart, but is collected in the portal vein and carried to the liver, through which it is distributed in a second set of capillaries. While the blood is in these capillaries, the liver separates from it certain constituents. After this the blood is collected in the hepatic vein and carried directly to the heart by the vena cava. The liver secretes bile, some of which is stored in the gall bladder, whence it passes through the cystic duct into the digestive tract which demands its use.

How the Liver Suffers

The liver is one of the most abused organs, being sensitive to inappropriate food and alcoholic drinks. Much of its disease is due to those sources. Like other organs, it also suffers indirectly from disease elsewhere, from nervous weakness, impaired

nutrition, and poor circulation. Disordered circulation interferes with the functions of the liver and produces morbid conditions, as it does in other organs. Some of the abnormal conditions occurring in connection with the liver or its functions are, abscesses, congestion, inflammation, jaundice, etc.

**Enlargement
of the Liver**

A woman, in Iowa (3070), suffered from enlargement of the liver. Her face and neck were covered with brown blotches. As she did not get well under the treatment of her physician, she supplied Viavi to her recuperative power, continuing its use until she completely restored her health. Seventeen years later she wrote, "Have had no return of the trouble; Viavi was a God-send to our home."

**Bilious
Attacks**

A mother, in Kansas (3756), wrote that her little eight-year-old girl suffered from severe bilious attacks, making her deathly sick, and causing her to vomit bile and purge dreadfully. She obtained only temporary relief from the treatment given, but after Viavi was furnished to her recuperative power, she became well and hearty, grew rapidly, able to attend school every day.

**Liver Trouble,
Tuberculosis**

A man, in Kentucky (2156), suffered with, and was treated for, liver and stomach trouble. He could not eat solid food as it did not assimilate. Although under the care of a specialist for several months, he gradually grew weaker, and lost flesh. The condition was diagnosed as tuberculosis, and he was sent to a sanitarium for treatment. Becoming no better, he returned home, and furnished Viavi to his recuperative power in large quantities. In a short time the abnormal temperature left him, he gained in strength, his digestion improved greatly, and in time he grew back to complete health and strength. He later wrote: "I never felt better in my life. Can attend to my business

duties daily. It has now been two years since I used Viavi."

**Enlarged
Liver**

A woman, in Georgia (4493), wrote that she suffered with an enlarged liver, adhesions, catarrhal conditions throughout the entire body, and nervous prostration, for which she was treated, but without benefit. As a last resort she furnished Viavi to her recuperative power. Restoration gradually came, and she wrote: "Every organ functions properly, and I have never enjoyed such good health in my life as I do today."

**Liver Trouble
Blood Poisoning**

A woman, in Canada (2318), was a nervous wreck for seventeen years, caused, it was said, by poisoning from the death of an unborn baby which had to be taken. This resulted in catarrh of the stomach, liver, kidneys, and uterine organs. She suffered with recurring attacks which kept her in bed for weeks. Only temporary relief was secured through the means used. She was led to supply her recuperative power with Viavi in as large quantities as it could use, continuing this for more than a year. In time health was fully restored, and she wrote, "I owe my life to the use of Viavi."

**Abscesses of
the Liver**

A woman, in Pennsylvania (4523), suffered with pain about the region of the liver, extreme nausea, and vomiting. Her condition was diagnosed as an abscess of the liver for which an operation was advised. The abscess in time broke, and was eliminated through the bowels. For years the abscess gathered about every four months, making her ill for weeks until it was eliminated. She also had hemorrhoids, and pain and soreness in the region of the left ovary. The abdomen was unnaturally large, and she had been told that a growth was there. An operation was also suggested to remove the growth, but fearing an operation, she did not undergo it.

**Three Score
Years and Ten** Learning of what others had accomplished through the use of Viavi, she began its use. In time the pain and nausea passed away, there was no more gathering on the liver, the growth was thrown off, and she became entirely well. She wrote, "My friends think it wonderful that I should regain my health completely, as I was seventy-three years of age when I began using Viavi."

THE GALL BLADDER AND GALL STONES

The cells in the liver secrete bile which serves a purpose in the digestion of fats and as a natural purgative. The gall bladder is a reservoir in which the bile is stored for use when needed. It is about four inches long, one inch in breadth at its widest part and holds eight or ten drachms, and hangs downward under the liver. The duct from the liver joins with the duct from the gall bladder in a Y-like junction to form a common duct about as large as a goose quill and three inches in length. This conveys the bile into the upper part of the intestines, at, or about, the middle of the duodenum, in conjunction with the pancreatic duct which conveys the pancreatic juice. The opening of these gall ducts are small and may be easily inflamed by infection, catarrhal conditions, or other causes, and become closed. In such conditions the bile does not flow freely, but becomes thickened, the parts become congested and inflamed, and pain and tenderness may follow. The stool becomes clay colored, whitish gray, having a fermented look. The skin becomes jaundiced.

If the gall is held within the gall bladder indefinitely, and particularly when some secretion is present, which may harden, gall stones form, the passing of which through the small duct causes intense agony.

As congestion, inflammation, and catarrh of the gall bladder or the gall ducts is followed by severe colic-like pain, and tenderness in the region of

the gall bladder, it is often diagnosed as gall stones. It is sometimes difficult to tell the difference between the two conditions unless the stones are disclosed by the X-ray. Many who have suffered in this way have restored their health through the use of Viavi.

**Gall Stone
Colic**

A woman, in Missouri (3722), suffered with insomnia and intense headaches almost every week, sometimes twice a week, followed by attacks of gall stone colic. She also had abscesses in the rectum. These attacks of colic may have been caused by the infections which also caused the rectal abscesses. All of these conditions were overcome through the use of Viavi, and at the date of her letter she had had no attack of gall stone colic for eight months.

**Supposed Gall
Stones**

A mother, in Ontario, Canada (1042), tells how she suffered for five years with constipation and so-called gall stones, appendicitis, painful and profuse menstruation, retroversion, and ovarian trouble. She suffered extreme weakness and excessive vomiting, growing melancholy and depressed. She was led to furnish Viavi to her recuperative power, and being pregnant at the time, used it during her entire pregnancy. She overcame all the conditions from which she suffered. Her confinement was normal and her recovery prompt, and both she and her husband feel that the use of Viavi saved her life and gave them their precious baby.

**Nervousness
From Gall Stones**

A daughter, in New Brunswick (3831), wrote that her father suffered nine years with what was diagnosed as liver trouble and gall stones. He was given up to die, but the daughter, having restored herself through the use of Viavi, led him to use it. He regained his health, and his daughter wrote that at seventy-nine he was perfectly well.

A woman, in South Dakota (3760),
Gall Bladder, says that she suffered from the worst
Stomach Trouble form of liver trouble. She had severe
pains in the back of her head; spells
which felt as though gall stones were passing; was badly
constipated; had bad color; and was intensely nervous.
The liver and gall bladder trouble was complicated by
severe uterine trouble. Her physician suggested an
operation to remove the gall bladder and also the uterine
organs. In her discouraged condition, she was led to
furnish Viavi to her recuperative power, and through
its use entirely overcame the conditions from which she
suffered. Later, when passing through the change of life,
her doctor examined her, and found every organ normal,
and the blood in healthy condition.

WHEN GALL STONES ACTUALLY PASS

In the foregoing experiences, although the conditions were spoken of as gall stones, it is not certain that it was so in each case, because it was not actually proven by the passing of stones. The condition may have been catarrh, congestion, or inflammation, but with symptoms very much like those of gall stones. Concretions called gall stones do form, both in the liver and in the gall bladder, more often in the latter. Some of the causes are, improper or excessive eating, constipation, sedentary habits, tight clothing, indefinite retention of gall in the gall bladder, and other causes not perfectly understood. Oftentimes, when large quantities of oil are taken the thickened bile passes away in the stools in a green formation like boiled green peas, and sufferers are sometimes led to think that these are gall stones passing away. When gall stones really pass, it may be verified by dissolving the fecal matter on a wire screen with water, and the gall stones caught on the screen. In this way there can be no doubt that the stones have passed.

When gall stones are present the recuperative power

sometimes causes adhesions to form between the gall bladder or the gall ducts, and the bowels; or an abscess sometimes forms which breaks into the bowels or through the abdominal walls, allowing the gall stones to pass.

Here is an instance in which the abscess broke through the abdominal walls. A woman, in Missouri (3900), wrote that she suffered many years with what seemed to be stomach trouble. She was under the care of a physician for many months, and was finally led to use Viavi. After using it a short time an abscess formed near the navel, and when it broke, discharged liquid like water, having no odor or pus. In a few days a number of stones passed, from about the size of a pea to that of an orange seed. The stones were hard, brown in color, and some were clouded with white. The opening discharged for thirteen months, and at the end of that time a large stone came near the opening which was too large to pass through, and had to be removed by the doctor. It proved to be a gall stone the size of a hazel nut. About thirty-nine stones passed, after which the opening gradually closed, and never gave her the slightest trouble again. Thirty years later she wrote that she was still in splendid health.

Without An Operation A woman, in Texas (3328), wrote that she suffered very greatly with pain in her back, and although treated by two physicians, obtained no relief. They advised an operation at once, but her grandmother, knowing of Viavi, advised her to furnish it to her recuperative power instead. Being anxious to avoid the operation, she began its use, and in a short time, small stones passed, in all, a pint jar full, of all sizes from the size of one's thumb nail to a tiny pebble. Her letter was written sixteen years after, and she had never had any return of the trouble.

**Passed Seven
Gall Stones**

A woman, in Maryland (4520), wrote that she suffered with intense pain, poor appetite, indigestion, being in a very run down, nervous condition. Her physician diagnosed the trouble as gall stones, and advised an immediate operation. She learned of Viavi through a friend, and began its use. After a short time she passed seven gall stones, the indigestion passed away, her appetite improved, and when she wrote seven years later, said, "I am still feeling perfectly well."

**Intense Pains,
Gall Stones**

A sufferer, in Oregon (3978), wrote that she had been an invalid for three years, caused by overwork. She suffered severe pains in the side and back, and in the region of the liver; had severe gastritis, and was badly constipated. A large gall stone formed in the gall bladder, which, in trying to pass through the gall duct, caused intense suffering. For four months she was under the care of specialists without obtaining permanent relief, and became so weak that hypodermic injections had to be administered.

Learning of Viavi, she began its use. For about two months the severe attacks of pain continued, and then lessened. Two months later she passed a large gall stone which gave her instant relief. From that time on her health improved, and when her letter was written fifteen years later, she said there had been no recurrence of the trouble.

**Gall Stones,
Ovarian Tumors**

A woman, in Washington, D. C. (4198), wrote that she suffered for many years. When 61 years of age, she was led to use Viavi. In a short time she passed a queer looking discharge, and finally expelled an ovarian tumor. Shortly after several gall stones passed. In time health was completely restored. Writing in her 79th year, she says, "I am glad to state that the conditions from which I suffered and which I overcame through the use of Viavi have never returned."

**Diagnosed
as Tumor**

A woman, writing from Napa, California (781), says she suffered for three months from a condition diagnosed as tumor, complicated with peritonitis. She was treated by two physicians, and had to be kept under the influence of opiates the greater part of the time to relieve the terrible agony she endured. She was told that an operation would be necessary to save her life.

A friend led her to use Viavi; her recuperative forces responded, and in a short time improvement began. The diagnosed tumor proved to be a mass of gall stones in the gall bladder. Seventy-five three-cornered stones, as large as a hazel nut, were passed. The larger ones measured from one-half to two-thirds of an inch in diameter. Many smaller stones were passed, and large amounts of impurities. The peritonitis and all other distressing symptoms were entirely overcome, and she has remained well. A printed copy of this woman's letter, illustrated with reproductions in color of some of the large gall stones passed, showing their actual size, will be sent on request.

VIAVI USED AFTER OPERATIONS FOR GALL STONES

It often happens that a sufferer is not entirely relieved after an operation for gall stones. Since the use of the X-ray and the Fluoroscope have become so general, it has become easier to disclose the presence of stones in the liver, the gall bladder, and gall ducts. Operations for removal of gall stones are becoming almost as frequent as that for appendicitis.

**Not Restored
Through Operation** For instance, a woman, in Minnesota (4484), wrote that twelve years before, she had suffered from gall stone pains complicated with uterine trouble. She used Viavi for a short time, securing great benefit. But Nature's conditions are, that one must fur-

nish the recuperative power with the means it needs, in sufficient quantities, and for as long a time as it needs them to entirely overcome the conditions which are present. So it is not surprising that four years later the condition returned. She was operated upon for gall stones, but the operation did not remove the cause of her trouble; and in two years painful attacks returned. Her physicians told her she could not live without an immediate operation, but feeling she could not live through another such ordeal, she abandoned the thought of it, and instead furnished Viavi to her recuperative power in as large quantities as her recuperative power could use and for as long a time as it needed it to restore her health. She overcame the trouble, as well as the uterine derangement and a very severe condition of hemorrhoids, and had not had a symptom of gall stones since.

Ovary and Gall Bladder Operation A woman, in Missouri (4109), wrote that she suffered for a long time, was curetted, and afterwards the appendix and right ovary were removed. She was told that she might live a year. She later had what was diagnosed as "gall stone attack," the pain being so severe that morphine was administered in large doses. An operation for removal of the gall bladder was performed. But after all this suffering and the many operations, she was not well. The doctor said the only thing to do was to remove the rest of the uterine organs.

Used Viavi and Became Well About this time a friend told her about Viavi. The family urged her to use it, and she finally did. In a comparatively short time she was better, and at the end of sixteen months was an entirely different woman. She continued the use of Viavi, and became thoroughly well. It had been two and a half years since she began the use of Viavi at the time she wrote, and she said she looked well and felt splendidly.

A woman, living in Minnesota (4485), wrote that

gall stones developed when she was twenty years old, which caused much suffering. She underwent two operations, the gall bladder being removed in the second one. Four years later another operation was performed for adhesions. A year later she had still another operation which left her in a very weakened state. She used Viavi, and at the end of six months her health was greatly improved. Eight years later she wrote, "I am glad to recommend the use of Viavi to all persons who suffer as I did, as a means of saving one from a life of pain."

**Reflex
Effects**

The liver and gall bladder are such important organs, and their functions have such effect upon the body, that they are often reflexly affected by conditions in the womb, ovaries, and adjacent organs. Sufferers from many of these conditions have regained their health through the use of Viavi. The same essential recuperative processes lead to restoration and normal function in these as in other organs. When the nerve control of the circulation is restored, congestion is removed; and the blood, circulating freely, will bring to each cell the elements it needs, and carry away the waste products of vital action, thus enabling these organs to secure from the blood the secretions which it must furnish to the system to properly carry on all its functions.

We have space for only some of the letters received from men and women who suffered from gall stones and other gall bladder and liver troubles, and restored themselves through the use of Viavi. But we shall be glad to send you these, or others, if you are interested or desire them. Address any Viavi office.

CHAPTER XIX

SOMETHING ABOUT THE KIDNEYS AND THE DISORDERS TO WHICH THEY ARE SUBJECT

THE kidneys are two bean-shaped organs, situated in the back part of the abdominal cavity, their upper two-thirds lying above the waist line and the lower one-third below, one on either side of the spine. They vary in weight from four to six ounces each. From the center of the concave or spinal side of each kidney a tube, the ureter, commences, which terminates in the bladder. These tubes, whose function is to carry the urine from the kidneys to the bladder, vary in length from sixteen to eighteen inches.

The Work of the Kidneys

The kidneys are important excretory organs, their function being to secrete urine and remove with it certain waste.

The composition and quantity of the urine vary. Both are influenced largely by the character of the food and the temperature of the atmosphere. A healthy person secretes on the average fifty ounces of urine in twenty-four hours.

Kidney Trouble

Kidney troubles have an ominous sound because there are kidney diseases of a very serious, and, usually fatal character. But the kidneys are often disturbed reflexly from disease in other parts of the body. These disturbances may be expected to yield with improvement in the conditions causing them. Therefore, every indication of kidney trouble is not necessarily a symptom of serious or incurable kidney disease. Many sufferers from kidney conditions have supplied Viavi to their recuperative power, and entirely overcome the conditions.

**Congestion of
the Kidneys**

The kidneys are susceptible to the influence of diet and habits of life as other organs are, and perhaps more so, because it is their duty to remove waste products from the body. Hence, improper diet, over-work, and disease elsewhere in the body, furnish more waste to be removed, thus imposing a greater task upon the kidneys. They are also affected by pressure of adjacent organs, tumors, etc. The most common causes of congestion in the kidneys are colds, improper diet, the use of drugs, and liquors. This condition begins with a decrease of the amount of urine passed. Some blood may be passed eventually. Examination may reveal albumin. Headaches in the back of the head are experienced; the sufferer is oftentimes sleepless. The acute form of congestion may not be dangerous, but may become chronic, or follow diseases of the heart and lungs, and oftentimes pregnancy, uterine and ovarian troubles, developing into uremia. Then the whole system may become affected to a serious degree, and the sufferer experiences headache, sleeplessness, vomiting, foul breath, fever, convulsions, delirium, and finally, death. Usually, "kidney trouble," as it is generally called, is complicated with some other forms of suffering.

**Inflammation of
Kidneys**

For instance, a sufferer in California (891), wrote that following prolapsus and hemorrhages from the womb she could scarcely urinate, passing very little urine with quantities of blood. Some years later, following a premature birth, she suffered intensely with inflammation of the kidneys and bladder. Following the first attack, she was led to use Viavi—almost against her will—as she had been under the treatment of splendid physicians who had said that an operation was the only thing that would do her any good, but to which she would not consent. Following the use of Viavi the intense soreness gradually passed, and improvement began. At a second attack she used Viavi more faithfully, and in time overcame the conditions

from which she suffered, and had not been troubled in that way since.

**Developed
Weakness**

A man, in Washington (2277), wrote he suffered severely with kidney trouble nearly all his life. Even when a young man, the urine was scanty, and often thick as buttermilk with a red sediment. He had pain and soreness in the region of the kidneys, suffered much with headaches, and was always very drowsy and sleepy. This condition continued for years, becoming so bad that he could not retain the urine at night, and bed wetting followed. His wife who had used Viavi and obtained wonderful results through its use, led him to use it. In time the urine cleared up in color, and consistency, the soreness which had been in the region of the kidneys for years gradually passed away, the swelling under his eyes which had been present so long, passed away, and the headaches ceased. At the time of writing he was 60 years of age, and said he was happy to be able to report such wonderful results.

**Albumin in
Urine**

A woman, in Iowa (1086), had not been well for a number of years. Her limbs were so swollen that she could not wear stockings. Examination revealed albumin in the urine. She took cold easily, and as she was passing through the menopause, had hot flashes which were followed by perspiration and chills. She used Viavi, and in a few months the bloating disappeared, the nervousness lessened, and at the end of sixteen months she could eat anything she wished, did not take cold readily, and could do her work with ease.

**Dropsy in
the Limbs**

A woman, in South Africa (2536), wrote of suffering for several years with swollen limbs, caused, she believed, by the kidneys not doing their work properly. She also suffered from nervous blinking of the eyes. Through the use of Viavi she became so much better that she was able to be married, and be-

came the happy mother of two fine boys. In writing several years afterwards, she says, "I take pleasure in testifying to the good results following the use of Viavi."

**Diagnosed
Bright's Disease** A woman, in Oregon (1604), had three slight strokes of paralysis at the age of 52 which affected the right side so that she dragged her right leg when walking. The kidneys were affected, and after an examination of the urine the doctor told her it revealed an advanced stage of Bright's disease, which is inflammation of the kidney, accompanied by albumin in the urine. She was led to supply Viavi to her recuperative power, and in six weeks time was much better. In six months the urine cleared up, and the kidneys were in an excellent condition. In her letter, written several years afterwards, she says, "I am an unusually active woman, well in every way, and my friends tell me that I am a very youthful looking woman for my years."

**Complete
Recovery** A mother, in Ontario, Canada (728), relates that her daughter, a nurse, went to a New York hospital to take a post-graduate course. The hard work and sight-seeing brought on a sickness which her physicians diagnosed as Bright's disease. She was treated in the hospital about a year, and while somewhat improved, was given no hope of recovery. She returned home, and the physician there said recovery was impossible. The mother led her to use Viavi. In about a year the daughter felt so well that she was able to go back to New York to finish her training, and an analysis of the urine there showed no trace of the disease. The physicians were much surprised at her complete recovery.

**Little Girl
Grew Well** A mother, in Missouri (3757), relates that her little eight year old daughter became very ill. She ran a high temperature for four days, and the doctors feared typhoid fever. Analysis of the urine was

made by four experts, which revealed the presence of great quantities of albumin. The condition was diagnosed as Bright's disease. The mother had used Viavi with good results, so she furnished it to the recuperative power of her daughter. The fever soon broke, in time the urine cleared up, the child gained in strength, and became perfectly well, able to resume her school work again. A year later the mother wrote, "She remains well and strong."

**Uterine
Reflexes**

As has been said, the kidneys may, and do, become affected as the result of disease in the uterine organs, because disease in any part of the body increases the work to be done by the kidneys, and they may eventually become congested, and inflamed, and break down.

A woman, in Indiana (886), writing thirteen years after her restoration, says she suffered for years from the effects of a laceration. She had acute attacks of congestion and inflammation, ulceration of the stomach, indigestion, and a fibroid tumor in the womb. Her physicians pronounced her condition Bright's disease and fibroid tumor. She used Viavi for two years, during which time frequent tests showed the albumin growing less in quantity, until it disappeared and did not return. The tumor decreased in size, and was finally expelled at a menstrual period. The rest of the ailments gradually passed away. She wrote, "The thirteen years that have elapsed proves that my restoration is permanent."

**Diagnosed
Bright's Disease**

A woman, in Kansas (3281), wrote that her physician told her husband she was suffering from Bright's disease which had reached the stage where he could not do anything further for her. Both husband and wife were naturally very discouraged. A friend told her of Viavi, and she began its use. She grew better in health, and after a few months an ex-

amination revealed absolutely no trace of albumin. Several months later she wrote: "I never felt better."

**Many Years
of Health**

A woman, in Pennsylvania (950), wrote that she was never very strong, being continually under a physician's observation and treatment. While carrying her second child her kidneys became affected. She suffered acute Bright's disease which was accompanied with convulsions. The baby did not survive, and the mother was more dead than alive. Then a growth in the womb was discovered, with inflammation in the bladder and bleeding from the urethra.

With the approval of her doctor, she furnished Viavi to her recuperative power, and in a comparatively short time the growth in the womb came away in a natural manner. The inflammation, prolapsus, and nervousness disappeared. Menstruation became regular, her strength returned, and she wrote, "I became a well woman once more; that was twenty-seven years ago."

**Diagnosed
Tubercular Kidney**

A mother, in Pennsylvania (4254), wrote of her twelve-year-old son who suffered with a condition diagnosed by several physicians as tuberculosis of the kidney and a displaced ureter. An immediate operation was advised, but not wishing to have her boy operated upon, the mother furnished Viavi to his recuperative power. After using Viavi a year and a half, the boy was enjoying splendid health, and had no trouble of any kind. A little more than four years later, the boy himself wrote that his good health continued.

**Diagnosed Stone
in Kidney**

A sufferer, in Quebec, Canada (2425), wrote that after suffering some time with rheumatism, she became very ill with kidney and bladder trouble, and was taken to the hospital. After a consultation with specialists of kidney and bladder trouble, she was told she had stones in the kidneys, and that one kidney was

doing no work and the other only half of what it should. The one thing advised was an operation for removal of the useless kidney. But her heart was so weak that it was impossible to give an anesthetic, and the operation was therefore out of the question. As she had used Viavi with much benefit years before, its use was again begun, and at the end of two years she was completely restored. She later wrote, "I am in the best of health," and seven years later still, wrote she continued well.

MOVABLE AND FLOATING KIDNEYS

The normal kidney adheres to the muscles of the back, and is covered with the peritoneum, which binds it in position and allows but little motion. But some variations arise which are known as movable kidney, and others as floating kidney. The movable kidney is supposed to be one which has always been movable from birth, and is normal to the individual. A floating kidney is one which has broken away from its moorings, having considerable movement in the abdomen.

Movable Kidney	A woman, in Scotland (2460), suffered with a trouble which her physicians diagnosed as movable kidney.
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She grew very weak, and suffered from neuralgia and bloodlessness. She furnished Viavi to her recuperative power, and within a few months took on considerable flesh, and became greatly benefited.

Floating Kidney	A woman, in Utah (2975), wrote that she suffered from a floating kidney, laceration of the cervix, ulceration of the womb, inflammation of the right
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ovary and Fallopian tubes, hemorrhoids, and ptosis or prolapsus of the stomach. She furnished Viavi to her recuperative power for two years, in abundant quantities, with the result that the conditions from which she suffered were entirely overcome. Four and a half years

later she wrote that none of her former troubles had ever returned.

We have space for only a few of the letters we have received from men and women who suffered from kidney troubles and restored themselves through the use of Viavi. But we shall be glad to send you these or others if you are interested or desire them. Address any Viavi office.

CHAPTER XX

SOMETHING ABOUT THE BLADDER AND URETHRA AND SOME OF THE CONDITIONS AFFECTING THEM

THE bladder is a strong bag with muscular walls. In women it is situated in front of the womb, and when fully distended rises a little above the pubic bone. It is lined with mucous membrane which is continuous with that of the urethra to its orifice, and there, in women, it unites with the mucous membrane lining the external genitals.

The bladder receives the urine from the kidneys, through the ureters, a small duct from each of the kidneys. These are constantly sending urine in small quantities to the bladder, which, when full, is emptied through the urethra.

Nature of Cystitis	Cystitis (inflammation of the bladder) is of the same nature as inflammation of other mucous membrane lining cavities and organs in other parts of the body. Inflammation of the bladder is named according to the extent and degree of the inflammatory process, but these names simply indicate stages or location in one general inflammatory process. The acute and sub-acute will, if permitted to continue, develop into the chronic form, or catarrh of the bladder.
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Causes of Cystitis	The causes of inflammation of the bladder are many. In women an over-distension of the organ from a false delicacy about emptying the bladder at proper intervals when traveling, shopping or in public places, displacement of the womb, an abnormal con-
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dition of the urine, injury at childbirth, the use of the catheter, infection, colds, calculi (stone), extension of inflammation from other organs, as the womb, tubes, vagina, peritoneum; urethritis, etc., may all cause inflammation.

In men, one of the commonest causes is alcoholic drinks. Alcohol, used habitually and in sufficient quantities, has a pernicious effect on the kidneys, bladder and urethra in both sexes.

**Symptoms of
Cystitis**

In acute inflammation of the bladder the lining is swollen and relaxed. The symptom is frequent and painful urination. The relief afforded by passing a few drops of urine is transient; in bad cases, the desire is almost constant. Straining becomes extremely severe and the sufferer quivers from the effort; the bowels may move involuntarily at the same time. The burning sensation frequently becomes intense. The pain extends to the perineum, into the loins and down the thighs. If the condition has progressed into the chronic state, the skin is generally sallow. There is perspiration of the hands and feet, the perspiration at times smelling of urine. The circulation is poor. The nervous system becomes involved. The sufferer is "blue" and hopeless, and often develops a suicidal tendency. One is able to procure but little rest at night, being driven frequently from bed to urinate. The urine is turbid, containing a heavy deposit of mucus at first; it then becomes scanty and blood-tinged, and oftentimes pure blood will follow urination.

**Chronic
Cystitis**

In chronic cystitis the painful symptoms are not so severe, but the urine is loaded with a thick mucus. Such a condition is generally known as catarrh of the bladder. In women the bladder is sometimes irritated from a misplaced womb. Continued irritation from this or any other cause may lead to inflammation.

**In Constant
Misery**

A woman, in Saskatchewan, Canada (1100), relates that previous to her use of Viavi she had gone through an operation for laceration of the womb. The womb had also been lifted into place. This did not give her the relief hoped for, and she became wretched. The inflammation of the bladder caused a constant desire to urinate. Her nerves were a complete wreck, and she suffered much with backache and hemorrhoids. The use of Viavi was begun, and in a short time quantities of blood and pus were discharged from the rectum. She continued the use of Viavi for over a year and a half, and in writing, says, "My nerves are very much improved; my backache and bladder condition rarely trouble me, and I feel that the use of Viavi has benefited me wonderfully."

**Happily
Restored**

A man, in Connecticut (3930), wrote that his wife restored herself from serious bladder trouble and the conditions arising therefrom, where an operation had not done her any good. Writing a year and a half later, he says, "She is as well as ever."

**Aggravated
Cystitis**

A woman, living in Missouri (3523), wrote, telling of suffering the greater part of her life with cystitis in a very aggravated form. She became an absolute invalid, being unable to take a step for four months. Her physicians told her she would never walk again. A copy of the Viavi Hygiene was handed her to read, as a means of passing the tedious hours of her invalidism. But she says, "It seemed like it was a God-planned action, for it pointed the way to health for me." She procured Viavi, and furnished it faithfully to her recuperative power, and in a few weeks her recovery began, continuing until health was restored. She became able to enjoy life to the fullest.

**Bladder
Inflammation**

A woman, in New Zealand (3832), suffered from an aggravated bladder condition, which seemed to grow worse continually. An examination revealed the whole vulva much swollen, the labia about three times their normal size, extreme inflammation, and a piece of proud flesh about the size of a pea at the entrance of the bladder.

**Substances in
Bladder**

She was led to use Viavi, and after a time passed what appeared to be a piece of drawn thread work and a tiny swab of cotton wool from the bladder. The later is accounted for by the sufferer as having been left after an examination. She began to improve, the swelling reduced, there was less tenderness in the bladder, and less frequent urination. She wrote: "You can imagine what a joy it is to be able to enjoy one's self and go about to various amusements once more."

**Tumor in
Bladder**

A man, in Missouri (3039), formerly of New Haven, suffered for five years, and was treated for stone in the bladder. He passed large quantities of blood in the urine and pieces of coagulated blood which resembled liver. His physician dismissed him, being unable to help him. The trouble was diagnosed as "tubercular bladder trouble," and later as a polypus or small fibrous tumor at the neck of the bladder. He was led to furnish Viavi to his recuperative power, and later passed pieces which resembled deep-sea sponges, and bloody pieces of flesh; also root-like pieces which looked like marine plants, which caused intense pain while passing. Improvement then began, and he was soon able to return to work. The passing of blood and the liver-like tissue, gradually ceased. Writing seven years later, he says, "I consider myself entirely recovered from my former troubles."

**Catarrh and
Tumor**

A woman, in West Virginia (4525), wrote that she suffered for a year and a half from bladder trouble, intense burning, itching, and pressure, with a constant desire to urinate, together with ovarian trouble, absent menstruation, and a tumor as large as a grapefruit. She furnished Viavi to her recuperative power, and a year later wrote: "I haven't an ache or a pain: do all my work, and feel better than I did in my girlhood days."

**Tumor in
Bladder**

A man, in the state of Washington (3579), tells how he suffered for more than two years with soreness in the region of the hip, which, at times, caused great pain and caused him to give up his position, for lighter work. His wife led him to use Viavi. In a few months he passed small particles of tissue from the bladder. Then a great deal of blood passed for several days, and a tumor the size of a small pullet's egg came away from the bladder. Improvement then began, and three years later he was able to write, "I have enjoyed three years of perfect health."

**Nervous
Wreck**

A woman, in Kansas (3524), relates that she suffered for a long time, was unable to sleep well, and could not lie upon the right side as the heart seemed to be sore. She suffered several hemorrhages of the bladder, and became such a nervous wreck that her husband watched over her as she slept, fearing she would pass away. She used Viavi, and in time became completely well.

**Frequent
Urination**

Another woman, in Kansas (3866), wrote that she suffered with bladder trouble for four years. She was compelled to urinate often, and the burning, smarting sensation when urinating was almost unbearable at times. Learning of Viavi, she furnished it to her recuperative power and became well.

**Stone in the
Bladder**

An attorney and justice of the peace, in Wisconsin (4328), wrote of suffering with trouble in the lower abdomen for five years. There seemed to be inflammation in the bladder and the rectum. The urine had a strong odor of ammonia, and often had to be drawn. One physician diagnosed the condition as the passing of a stone from the kidney to the bladder through the ureter. Another diagnosed the condition as stone in the bladder, and advised an operation. Still another suggested that it was an injured prostate gland, and also advised an operation. The sufferer furnished Viavi to his recuperative power. The inflammation of the bladder and rectum gradually yielded, and all of the trouble from which he suffered passed away. Writing later he says, "I feel that I owe my life to the use of Viavi."

**Pressure on the
Bladder**

A woman, in Kansas (3150), wrote that she suffered with the continual pressure of a misplaced womb, the result of a laceration, upon the bladder which caused such severe pain that she was not able to take a step for years. In addition, she suffered with acute attacks of pain, diagnosed as ovarian colic, which lasted three or four weeks, and were relieved only by hypodermic injections. The bladder never emptied completely, and stones formed. Small particles continually passed and every ten days a larger one, which took twelve to forty-eight hours to pass through the urethra, causing intense pain.

She furnished Viavi to her recuperative power, and gradually restored herself to perfect health. The laceration was healed. The womb was lifted into place, stones in the bladder ceased to form, and she became entirely well.

**The
Urethra**

The urethra is a small canal through which the urine is discharged from the bladder. Being soft, and capable of distension, it permits the passage of the smaller stones from the bladder.

The urethra is frequently the seat of inflammation which may extend inwardly from without, or outwardly from within. The acute form may develop into the chronic if not overcome. The lining may gradually break down, leaving the surface raw, and a flow of blood is likely to follow urination. When inflammation of the urethra is accompanied with a discharge of mucus, a catarrhal condition of the urethra exists.

**Causes of
Urethritis**

Inflammation of the urethra is called urethritis. The causes are much the same as those of inflammation of the bladder. In women, instrumental or tedious delivery is responsible for many cases, this little duct being bruised and dragged downward so severely that injury is suffered from which recovery is slow. It may be so serious as to necessitate treatment for bladder and urethral troubles. Injury may be caused by the advancing head of the child remaining wedged against the pubic bones for so long that the urethra is stretched and paralyzed. Anything that implicates the lower part of the vagina is likely to involve the urethra, as it is imbedded in the anterior vaginal wall. Infection from various sources is also one of the causes.

Alcoholic drinks, cold, infection, and enlarged prostate gland are the chief causes of urethritis among men.

**Symptoms of
Urethritis**

The chief symptom of inflammation of the urethra is painful urination, with a sharp, scalding sensation. There is a frequent desire to urinate, but not so frequent as in inflammation of the bladder. Retention of urine is caused by dread of pain in voiding it. One may sometimes be relieved by hearing the sound of water running from a faucet.

**Difficulties
of Diagnosis**

It is sometimes difficult to determine whether trouble in the region of the bladder is due to abnormal conditions in the kidneys, in the ureters, the tubes which carry the urine from the kidneys to the

bladder, or in the bladder. However, it is not so difficult to tell that the trouble is in the urethra, because of the intense pain and suffering while urinating, and its relief from suffering when not urinating.

**In Bed for
Four Months**

A man, in Missouri (3040), wrote that he suffered from catarrh of the bladder and urethra so badly that he was in bed for over four months, and never expected to be well again. He was led to furnish Viavi to his recuperative power after it had failed to use all other means which he had furnished to it. The recuperative power eliminated large quantities of a mucus discharge and waste, and after each elimination he felt much better. He became stronger day by day, until he became better than he had been in twenty years, was able to work steadily, and is happy to recommend the use of Viavi to sufferers.

**Complicated
Urethritis**

A man, in Ohio (1326), wrote that he suffered with bladder trouble, and could not urinate without intense pain. Although treated by many physicians, his condition grew worse. He then furnished Viavi to his recuperative power. Improvement was noticeable almost from the first. The urine cleared, the swelling was reduced, the adhesions gave way, and in time all normal conditions were restored. Writing later he said he had had but one slight return of the bladder trouble in six years, and that was soon overcome by his recuperative power when furnished with Viavi.

Urethral tumors, or caruncles, are bright or dark red, and in women hang from the urethral orifice like little tongues of beech nuts, one corner alone being attached. They may bleed easily and be extremely painful, or may cause no pain for long periods of time, but an inflammatory condition or a slight injury will cause them to become exquisitely painful.

**Caruncle
Overcome**

A woman, in Kansas (3633), wrote that she could not be on her feet without great pain in the lower part of the abdomen. The urine was highly colored with blood, and caused intense pain when passing. Examination by her physician revealed that she had a caruncle at the mouth of the bladder. She was also lacerated, had enlarged spleen, and was in a catarrhal condition. She furnished Viavi to her recuperative power, and soon improved. She was able to be on her feet most of the time, did most of the cooking for a family of eight. She continued to use Viavi, and a year and a half later wrote, "I feel fine and can do all kinds of work."

**Enlarged
Prostate**

A man, in Missouri (2928), wrote that he suffered with enlargement of the prostate gland, together with piles, constipation, and loss of hearing. It was very difficult for him to urinate because of the enlargement of the prostate gland. His physicians advised an operation, which he refused. He furnished Viavi to his recuperative power and became well.

**Recuperative
Intelligence**

How the recuperative forces used Viavi in any instance, we may never know. But this we do know, that thousands upon thousands in the past thirty years have restored themselves by furnishing Viavi to their recuperative power. Their nervous vitality was aroused, the circulation increased, congestion removed, the pain ceased, and they became well naturally. These sufferers all used the same means, Viavi, in its various forms, and Nature, the recuperative forces in their body, had the wisdom to use it as it seemed necessary, to overcome the conditions which were present, and restore health. We present the results to you as they come to us from those who have suffered, and through the use of Viavi, restored their health.

**Right
Living**

It will also be noticed in these letters, that care in living, both of body and mind—in recreation and rest, serenity of mind and freedom from worry, correct selection of food, the use of hygienic means—helped Nature to bring restoration more quickly. Those who were younger, or whose sufferings were not so severe or of long standing, in short, those whose vitality had not been drawn on so heavily, as a rule, regained health sooner. In other words, getting well is a process of recuperation, of restoration, of overcoming wrong conditions, of regaining what has been lost; and the process may be hastened by helpful conditions, and retarded by adverse ones. “God helps those who help themselves” applies in the restoration of health as in other things.

We have space for only a few of the letters we have received from men and women who suffered, and restored themselves through the use of Viavi. But we shall be glad to send you these and others if you are interested or desire them. Address any Viavi office.

CHAPTER XXI

THE DEVELOPMENT OF GIRLS

THE delicacy of the feminine organization is manifest in early childhood, and becomes conspicuous at the time when the girl blossoms into womanhood.

**A Girl's Sex
Development**

The reproductive organs appear early in fetal life. The ovaries are said to contain at birth, in a rudimentary state, all the eggs that they will ever have. After birth the ovaries remain undeveloped until puberty comes and works a wonderful change. Puberty comes about the twelfth to the fourteenth year, sometimes earlier, sometimes later. The nerve centers develop. The blood supply of the reproductive organs is increased. The organs develop. The internal secretions of certain of the ductless glands are poured into the blood. One of the many rudimentary eggs in the ovaries ripens, accompanied by the first menstruation. The girl has arrived at puberty. For about thirty-two years this condition will continue.

**The Girl's
Critical Time**

It is at this time that a girl needs all the love and care that a mother can bestow. Before puberty has arrived, the mother should, by patient and frequent instruction, teach her daughter the laws that are about to be brought to bear upon her, and strengthen her for their observance. It is an infinite reproach to the mother that the daughter should discover herself a woman and feel shame or alarm for her condition.

As there is nothing in a girl's instinct that teaches her to expect menstruation, she cannot expect it unless taught to do so. If untaught that the menstrual flow is natural, she may become alarmed, and through a sense of prudence, may check the flow. The commonest way

is by taking a cold bath. This generally checks the flow, and begins a lifetime of suffering.

**Ignorance at
Puberty**

A woman, in Missouri (3368), wrote that during her childhood she was not strong and well. Not having been forewarned, when the first menstrual period came with terrible pain, she did not know how to care for herself. The periods stopped for almost a year. When they were re-established, they were always attended with such severe pain that she remained in bed three or four days each month, and was kept under opiates the first day. The muscles drew up in knots all over her body, and cold perspiration came out in large drops. Between periods she had backache and sick headaches. This continued year in and year out, and the doctors gave no hope of her ever being any better. She married and continued to grow worse. The womb became inflamed and large, and the ligaments weak, allowing the womb to press upon the bladder, causing a constant desire to urinate. Constipation followed the weakened condition.

A friend led this sufferer to appreciate what others had accomplished through the use of Viavi, and she began its use. Her husband helped and encouraged her in every way. She regained her health, and writing ten years later, said she had never had any return of the old trouble.

**Importance of
the Ovaries**

The ovaries are the center of a woman's reproductive system. If, at puberty, her body lacks strength, there will not be a sufficient source upon which Nature may draw for the vital energy required to develop the ovaries; for in addition to the ovum, the ovaries secrete a substance essential to a woman's health. Around and within these complex little ovaries cluster the finest, most delicate and most skillful adjustments of which Nature is capable. At puberty the digestive system must be perfect. Every vital organ must be in superb working order. The blood must be supplied with

the nutriment that the body requires. The circulation must be free and vigorous. All the organs of elimination must be able to work up to their full capacity. The condition of the mind must be adapted to the need.

Unless the ovaries develop normally, the girl will not develop normally in any direction. Her form will not fill out properly. She is likely to be flat chested and stoop-shouldered, her eyes dull, her mind stupid, her affections blunted, her bodily functions deranged. Viavi has been used by the recuperative forces to accomplish many happy results in such conditions.

**Chlorosis or
Green Sickness**

Chlorosis is a form of anemia more frequent among young women than among older ones. It is sometimes called green sickness because of a greenish grey color of the skin, and may persist for years. It involves a lessened nerve control of the circulation and defective nutrition. When Nature can be assisted to overcome these conditions the disease disappears. Most satisfactory results have been secured through the use of Viavi.

**Signs of
Chlorosis**

In chlorosis there are dark circles around the eyes; the lips and the mucous membrane are pale. There may be a dropsical condition of the eyelids, face and feet. The breath is cool, the ears, nose, lips, hands and feet cold, indicating that the circulation is poor. The sufferer is generally very sensitive to cold. Palpitation of the heart may be present. Although the ailing one does not exert herself in the least, there exists great muscular weakness, causing the sufferer to become tired easily. The head is dizzy and aches. There are noises in the ears, and pains in different parts of the body, especially in the back; hysterical spasms, or paroxysms, nightmare, and sometimes an inclination to self-destruction. There is a loss of appetite and a desire for sour things, and oftentimes a morbid craving for chalk, paper, ashes, fresh earth, coals, and even excrement. The digestion is disturbed and consequently

the assimilation of nutriment from the blood does not take place properly; hence all functional activity is impaired. Absence of the menses, or painful and irregular menstruation generally occurs, or a thin, watery leucorrhea in place of the menses. In some cases chlorosis is accompanied with profuse menstruation.

Happily, there is a diminishing number of young girls who suffer with chlorosis. This is undoubtedly due to increase of outdoor exercise, better conditions of living, better food, and more sensible methods of dress.

Parental Care Many mothers have written us that through the use of Viavi, together with sound and intelligent habits of living, their daughters developed soundly and normally. The muscles and glands developed naturally, the appetite became normal, and the digestion good.

Diagnosed as Chlorosis A mother, in Iowa (2700), wrote of her sixteen-year-old daughter suffering with suppressed menstruation for seven months. Her physician pronounced the trouble a chlorotic condition of the blood following suppressed menstruation. He treated her, but with no perceptible benefit. The parents were led to furnish Viavi to the recuperative power of the child. In a short time she menstruated normally, and in time became entirely well.

Painful Menstruation A young woman, in Illinois (3940), suffered for sixteen months with a severe condition of chlorosis, accompanied by painful menstruation. She was led to furnish Viavi to her recuperative power, and in a comparatively short time improvement began, continuing until menstruation became normal and painless.

Nervous Troubles Irregular menstruation from non-development and allied causes gives rise to nervous troubles that are likely to be much more serious in young girls

than in adults. Low spirits and melancholia occur, and sometimes loss of consciousness with convulsions.

If a girl shows the slightest weakness at puberty,—suffers pain of any kind in any locality, exhibits any form of nervousness, is depressed, has poor circulation, is anemic or chlorotic, has headaches or backache, retarded or abnormal menses, flat and undeveloped bust and chest, flabby muscles—she should receive careful attention. Many a mother whose daughter has manifested the symptoms of such conditions, has, by having the daughter use Viavi, helped her to develop naturally and normally from childhood into womanhood.

Epilepsy and Non-Development A woman, in New York State (4334), wrote that she was very nervous when a child, and at eight years of age developed symptoms of epilepsy. At eleven years the disease had progressed so that she would fall without warning and remain unconscious for a length of time. In spite of the splendid care given her by the best physicians available, the malady increased in severity year by year, and at puberty she was so non-developed that suppressed menstruation was added to her other ills, making her an invalid.

The parents furnished Viavi to their daughter's recuperative power. In a few months her nerves began to improve, the epileptic convulsions became less frequent, finally stopping altogether, the menstrual function was normally established, and she became entirely well. Although this was many years ago, she has never ceased to be grateful for what was accomplished through the use of Viavi.

Retarded Development A woman, in Arkansas (3469), wrote that due to retarded development, she suffered for two years with irregular and painful menstruation, accompanied by palpitation of the heart, bad chills, and cold feet and hands. She supplied Viavi to her recuperative power and entirely regained her health.

We have space for only a few of the letters we have received from parents whose daughters suffered from conditions due to non-development, or arising during development, and who restored themselves through the use of Viavi. But we shall be glad to send you these or others if you are interested or desire them. Address any Viavi office.

CHAPTER XXII

THE REPRODUCTIVE ORGANS OF WOMEN

THE delicate internal reproductive organs of women—the vagina, womb, Fallopian tubes and ovaries—are, together with the bladder and rectum, packed in the pelvis, a basin-like structure of great strength composed of several bones rigidly bound together. The pelvis supports the spine above it and is joined with the leg bones from below. A woman's pelvis is larger than a man's, and has a larger opening in its floor, to permit the passage of the child at delivery.

The pelvic bones do not separate in childbirth, but the coccyx, terminating the spine, bends back at that time. The pelvis is lined with muscular tissue, thus forming the strong, elastic muscular floor. This has an opening through which the vagina, urethra and rectum pass. The muscular abdominal walls are attached to the pelvis.

Characteristics of the Pelvis

The true pelvis is the smaller, or lower part, and the false pelvis is the larger, or upper part, of the basin. The lower bowels fill the upper part, and rest on the contents of the true pelvis. Tight lacing or heavy skirts or improper sitting, too much standing, walking or dancing, cause the bowels to press down upon the sensitive organs to their injury.

The abdominal walls assist in the support of the pelvic contents, which suffer harm when these walls are weakened by cutting or by improper care during and after pregnancy.

Numerous nerves and blood vessels pass through the pelvis to the legs. This explains why many women with uterine troubles suffer severe pains in the legs and feet.

The space between the anus and the vaginal orifice is the perineum, which is often ruptured in childbirth if the tissues lack the tone and elasticity of health.

**Arrangement of
Organs**

The vagina extends upward, with a backward slant, from the external orifice to the neck of the womb (cervix), to which it is attached. The uterus (womb) rises above the vagina, its neck downward, its larger end upward and leaning forward, partly over the bladder. Opening into the upper end, or fundus, of the uterus, are the two Fallopian tubes, one on each side. They extend laterally and over the ovaries, and terminate in a down-hanging fringe over the outer ends of the ovaries. Each of the two ovaries is suspended under one of these tubes. The finger placed on the abdomen about three inches from the median line and about two inches above the groin will be about over the ovary.

**Position of the
Bladder**

The bladder lies between the abdominal wall and the upper part of the vagina and lower part of the uterus. From it the urethra runs down the outer front wall of the vagina and terminates immediately above the vaginal orifice.

The rectum fills the space between the uterus and vagina, and the spine. The spine forms the back wall of the pelvis.

THE VAGINA

The vagina is a highly elastic tube, extending from the vulva to the uterus. Its walls lie in contact, and curve backward, following the course of the rectum, the posterior wall of the vagina joining with the anterior wall of the rectum. The vagina, like other organs, varies in size and length in different individuals. Being curved, the front wall is about three and one-half to four inches, the posterior wall from five and one-half to six inches in length. The upper end of the vagina is attached to the neck of the womb, which protrudes into the vagina

about three-fourths of an inch. The vagina is lined with mucous membrane and is supplied with numerous little mucous glands. In some abnormal conditions, large quantities of secretions are poured forth, which will be discussed when we come to the subject of leucorrhea.

**Imperforate
Hymen**

In the virgin there is a membranous fold, or curtain, called the hymen, which partially closes the vagina at the orifice. Through a small opening in it the menstrual flow passes, but in rare instances there is no opening, and the flow cannot escape. In such cases the hymen should be perforated by a physician.

When the hymen is normal there should be no hesitancy in the use of Viavi Capsules by young girls, and they should be instructed in the matter. No rupturing nor stretching occurs if the normal opening exists, by reason of the high elasticity of the membrane, the opening being sufficiently large. The purpose in using Viavi is to help Nature establish normal processes.

THE UTERUS, OR WOMB

The uterus is pear-shaped. Its length, including the cervix, is about three inches. In the virgin it weighs about one and a half ounces; in those who have borne children it weighs from three to four ounces. Its walls are composed of muscles ingeniously crossed and overlapped, permitting of great distension in pregnancy and strength in labor. It is flattened front and back, the thickness being about an inch and the breadth about two inches. It is lined with a mucous membrane called the endometrium. The cavity, extending from the cervix to the fundus, is very small, widening slightly towards the fundus. The cavity is triangular. At the upper points of this triangle are the openings of the Fallopian tubes. The outside of the body of the womb is covered with the peritoneum, which lines the entire abdomen and envelops its contents.

The cervix is kept closed by two muscular constrictions, the inner and outer, and is provided with a number of minute glands which pour out a colorless secretion.

THE FALLOPIAN TUBES

The Fallopian tubes are about four inches in length. Their purpose is to carry the eggs (ova) from the ovaries to the womb. Their walls are muscular, the tissues being continuous with those of the womb. They open into the womb with a trumpet shaped mouth; then for a distance have an opening so small that it can scarcely take a bristle, terminating at the ovarian ends in a fringe, or a number of slender fingers overhanging the ovaries. The purpose of these is to grasp the ovary and assist the ovum as it bursts out of the ovary into the Fallopian tube which conveys it to the womb. To facilitate this, the tube is provided with minute hair-like processes, which possess the power of carrying the ovum along.

THE OVARIES AND THEIR FUNCTION

The ovaries are about the size and shape of an almond. They contain the human eggs (ova). Each egg (of which there are many) occupies a little cavity, or follicle, of its own in the ovary, and each follicle has its own blood and nerve supply separate from that of the others. The ovaries also pour a secretion into the blood which is necessary to perfect health.

<p>From Ovary to Uterus</p>	<p>At every menstruation an egg ripens, bursts through the thin covering of the ovaries, is caught by the Fallopian tube, and carried through the tube to the womb. When it is impregnated it remains quiet for a few days before it enters the nest which has been prepared for it out of the lining membrane of the womb. In this it lodges upon escaping from the Fallopian tube, and there develops into a child. If not impregnated, it passes away. Many of the rudimentary</p>
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eggs never develop in the ovary. When all that Nature designs to be used have ripened and been cast out, the climacteric (change of life), together with a cessation of the menses, occurs, and the child-bearing period is at an end.

Support of the Organs

The womb, Fallopian tubes, and ovaries would lie helpless on the floor of the pelvis were it not for an ingenious arrangement of ligaments to hold them in place and give them the freedom and ease that they require. The pearl-colored, slippery peritoneum, lining the abdomen and covering the abdominal and pelvic organs, with its prolongations assists in holding the reproductive organs in place, providing them with a smooth surface which prevents friction from their rubbing together. Inflammation of the peritoneum is called peritonitis. The peritoneum covers the upper part of the womb, completely enveloping the Fallopian tubes and ovaries. As it dips down in front and back of these organs, it forms two folds, enveloping the organs and forming the ligaments which hold them in place. These supports are so arranged that folds of the peritoneum forming ligaments run from the womb to the bladder, and from the bladder to the walls of the abdomen, forming its lining. Folds of the peritoneum also envelop the womb, Fallopian tubes, and ovary on each side, thence passing to the right and left walls of the pelvis and upward. Peritoneal folds from the womb dip backward, and encircling the rectum, pass upward, lining the back, covering the kidneys. The peritoneum and muscular tissues, forming these ligaments are made up of billions of minute cells capable of stretching and contracting. Displacements result from a loss of tone and elasticity in these cells.

Organs Free to Move

Thus the womb, Fallopian tubes, and ovaries are, as it were, suspended in a swing and held with guy ropes. They are thus enabled to move a little forward, backward, or sideways, but as the space in which

they are held is small, movement is limited. The rectum begins a little behind the left ovary, the S-like turn between the rectum and the colon being immediately behind that ovary. A movement of the bowels or gas in them, may produce pain in the left ovary because of pressure from the bowel. If the womb tips backward it partially closes the rectum, producing constipation, hemorrhoids, catarrhal condition of the bowels, etc., and injuring the system by forcing it to retain matter of which it is trying to rid itself. When the womb falls forward it rests upon the bladder.

**The Lining
Membrane**

The mucous membrane lining the bladder is continuous with that of the urethra, which at its orifice unites with the mucous membrane of the vaginal orifice, and hence with that of the vagina, uterus, etc. The intimate relation of the parts explains many symptoms. Inflammation starting in the mucous membrane of any of these organs is likely to spread to the others with which the membrane connects. Again, when the womb tips unnaturally forward, (anteversion), it rests on the bladder, provoking inflammation which will likely spread. When it rests on the ducts which convey the urine from the kidneys to the bladder, it hinders the free passage of the urine to the bladder, tending to produce disease in the kidneys.

**Blood and
Nerve Supply**

There are valves in the veins in most parts of the body to prevent the backing up of venous blood. A peculiarity of some of the veins in the uterus is that they have no valves. In the muscular tissue of the womb, the blood vessels are exceedingly tortuous, so that when the womb increases in size during pregnancy, the blood vessels are stretched out; if they were not crooked they would rupture. Therefore, in the unimpregnated womb these tortuous arteries become small lakes of blood. Hence the liability to congestion of blood there. This is one reason why uterine derangements are so common.

The high organization and supreme value and usefulness of the reproductive organs mean an elaborate system of nerves for them. Behind the womb, covering the face of the sacrum, or rear wall of the pelvis, is a network of nerves, outrivaling in intricacy the most elaborate design in lace. From the nerve centers, nerve fibers run in every direction throughout the pelvic region, and from these organs are nerve fibers which unite with great branches entering the spinal cord and thus run to the brain.

The base of the brain has the government of these organs. This explains in a measure the origin of those headaches at the base of the brain to which women are so liable, and which may extend to other parts of the head.

There are also chains of nerves connecting the organs with the nerve centers of the abdomen. So the nerves of these organs not only communicate with the brain directly, but also with the motor, sensory and sympathetic systems of the entire organism.

CHAPTER XXIII

SOMETHING ABOUT THE VAGINA AND ITS DISEASES

INFLAMMATION of the vagina (vaginitis) may be either acute or chronic. It may be caused by cold and dampness, excesses, irritation from pessaries, excoriating discharges from the uterus, infections, retention of bits of sponge, medicated or astringent douches, extension of inflammation from below or above, or childbirth.

Signs of Vaginitis

The symptoms depend upon the severity of the attack. The leucorrhœal discharges are at first scanty, but soon become profuse and often purulent or pus-like, accompanied with a burning heat and a throbbing sensation in the vagina, and sometimes severe pelvic pain. There is often an aching and a sensation of weight in the perineum, or floor of the pelvis, frequent urination, and painful sensitiveness. The mucous membrane of the vagina becomes red and congested, showing raw patches, which may progress to ulceration.

In granular vaginitis, the walls feel on examination as if they were covered with millet seed; this condition may extend up over the neck of the womb. This form of vaginitis is extremely painful and is stubborn.

Adhesive Vaginitis

In adhesive vaginitis (where the vaginal walls adhere) the walls bleed easily, and the leucorrhœal discharge is watery and tinged with blood. As bloody discharges generally point to grave conditions, adhesive vaginitis is likely to be diagnosed wrongly, thus placing the trouble under malignant diseases. The flowing of the excoriating discharges over the parts will likely produce extreme soreness about the vaginal ori-

fice, and is often accompanied with pruritus, or intense itching.

ABOUT CHRONIC VAGINITIS

In chronic vaginitis the red appearance of the vaginal walls and an excessive leucorrhea may be the only noticeable symptoms. Extreme nervousness accompanies all diseases of the vagina.

Vaginismus, a painful, spasmodic contraction of the muscles of the vaginal orifice, may accompany vaginitis, and disappears when that trouble is overcome; or it may be caused by an abrasion or rawness at the vaginal opening, or by the inflamed remains of the hymen; sometimes it is purely nervous.

Vaginitis, Pruritus

It is difficult to imagine the suffering attendant upon this irritating condition unless one has suffered from it.

A woman, in Kansas (3816), says that she had vaginitis and pruritus for many years so badly that at times the intense itching was almost intolerable. She had been a sufferer for thirty-five years, gradually growing worse with nervousness, displacement, piles, indigestion, inactive liver and kidney trouble. She was over fifty years of age and carried heavy responsibilities with her home, Sunday School, Church and Lodge work. Yet with all the demands these made on her strength and vitality, she recovered her health in a comparatively short time simply by furnishing Viavi to her recuperative forces.

Pruritus, Its Causes

Pruritus is an intense itching of the vagina or vulva. It is not a disease, but a symptom of some abnormal condition, which is not always confined to the reproductive tract. It may yield quickly to treatment, but as a rule, is difficult to overcome. The distress is generally increased by warmth and may be so intense that the sufferer cannot refrain from scratching or rubbing the parts, thus breaking the tender surface and

intensifying her sufferings. Douches and bathing the external parts are of little avail. Women approaching the change of life are more frequently afflicted than others, but pruritus is not uncommon in children and young women. It may be caused in children by worms.

Pruritus frequently accompanies leucorrhea. Tumors also induce it by the abnormal secretions that at times accompany them. The presence of sugar in, or any abnormal condition of, the urine is a common cause. It may also follow discharges from the womb, vagina, or rectum. A woman, in Colorado (758), completely overcame a severe attack of pruritus following leucorrhea and constipation by furnishing Viavi to her recuperative power.

Pruritus and Pregnancy A woman, in Oklahoma (841), suffered for a number of years from pruritus, and when she became pregnant, the terrible itching continued almost the entire term. Her splendid physicians gave her only temporary relief and finally told her that she would have to grin and bear it. She was led to use Viavi. Soon a slight improvement began which continued until she was entirely relieved from the suffering and was able to sleep all night. She was in labor only a few hours and gave birth to a fine healthy child, much healthier than her other children. She got up feeling stronger than ever before and was able to nurse her baby which she had not been able to do with her other children.

Pruritus of the Rectum A woman, in Kansas (2780), wrote that in addition to other conditions from which she suffered for seventeen years, and which had made her a nervous wreck, she suffered severely with pruritus of the rectum. She had been operated upon five times and had as many as fifteen hemorrhages from the rectum in a day. Her condition had been diagnosed as, possibly,

cancer. She was led to furnish Viavi to her recuperative power and did so faithfully for a year, and regained perfect health.

During the process of restoration, the itching and burning, and the excoriation of the surfaces, caused by the secretions which the recuperative power is eliminating, may usually be looked upon as a favorable indication. They may be alleviated, but should not be stopped as that would interfere with the restorative process. With removal of the cause of the disease, the itching and burning will disappear.

ABOUT PROLAPSUS OF THE VAGINA

Prolapsus of the vagina is caused by a relaxation which permits of the walls rolling outward or protruding downward through the vaginal opening. When the posterior wall rolls out it brings with it the anterior wall of the rectum; this is known as rectocele.

When the anterior vaginal wall prolapses it brings with it the posterior wall of the bladder or its base; this is known as cystocele. Both of these conditions interfere with the parts involved. In rectocele the expulsive powers of the rectum are greatly diminished. In cystocele the pouching downward of the base of the bladder causes a retention permitting decomposition of the urine; inflammation of the bladder is a frequent result.

A relaxation of the vaginal wall is frequently brought about by retaining the urine until the bladder is weakened. Prolapsus of the bladder and anterior wall of the vagina results. This weakness is progressive, and is not discovered until the "lump," which is the prolapsed bladder, is noticeable. Other

causes are external laceration and getting up from the lying-in-bed too soon. Weak, flabby abdominal walls also aggravate a loss of tonicity in this region.

We have space for only a few of the letters we have received from women who suffered from diseases of the vagina and restored themselves through the use of Viavi. But we shall be glad to send you these, or others, if you are interested or desire them. Address any Viavi office.

CHAPTER XXIV

SOMETHING ABOUT LEUCORRHEA

THE word leucorrhea means a white flow. The leucorrheal discharge may range from a white, glairy mucus to a yellow or greenish tinge, possibly becoming purulent in character. In some cases it looks creamy, in others curdled. It usually develops during the menstrual life of a woman, though inherited cases in children are frequent. It is the commonest of all the afflictions that beset women, nearly every woman being troubled with it at one time or another. It is always serious, representing a condition in which no woman can be healthy, and leading to graver conditions unless its cause is removed.

Leucorrhea may originate either in the vagina or the uterus, or in both. The longer the condition persists the more deeply the linings of these organs will become involved, requiring a longer time to restore them to health.

**Cause of
Leucorrhea**

The immediate cause of leucorrhea is a congested condition of the linings of the parts. The discharge is a product of inflammation. Besides constitutional causes, such as anemia, scrofula, tuberculosis, malaria, special local causes may be present. Among these are menstrual derangements, displacements of the womb, pregnancy, prolonged nursing, abortions, miscarriages, cervical laceration, piles, tumors, sudden suppression of the menses, violent exercise during the menstrual period, use of cold water or other harsh injections, and the wearing of pessaries and the like. The extreme sensitiveness of the membranes lining the vagina and uterus renders them peculiarly susceptible to inflammation, and requires intelligent care.

**Effects of
Leucorrhea**

In health, the secretions of the vaginal lining are slight. Due to inflammation, they become abnormal in quantity. These secretions are withdrawn from the blood. The blood provides only for normal secretions by the mucous membrane in any part of the body, and is obviously impoverished to a greater or less degree when an unnatural drain is made. This probably explains many of the symptoms accompanying leucorrhea. Thus leucorrhea is the open sign of disease, which, besides producing immediate evils, includes weakness and a gradual breaking down from the tendency of the affliction to grow worse instead of better. Many of the ills that so grievously afflict women have the warning signal of leucorrhea in their early history.

**Other
Effects**

In some cases the mouth of the womb closes, owing to the sticky character of the leucorrheal discharge and the inflamed condition of the cervix. As a result, mucus accumulates within the womb, and is finally expelled by labor-like contractions of the womb, giving rise to uterine colic. Long before the condition, of which leucorrhea is evidence, has become chronic, the blood supply of the uterine organs is seriously interfered with. Abnormal growths may appear in any of the uterine organs. Leucorrhea is not a disease, but a symptom of disease.

Under the inflammatory condition present in uterine leucorrhea, the womb gradually enlarges, and becoming too heavy to be held in place by the ligaments designed to support a womb of normal size, becomes displaced. The leucorrheal discharge in many cases is excoriating or acrid, rendering the mucous membrane and skin over which it passes sore, setting up external inflammation, or even rawness.

**Palliatives
Injurious**

Palliative douches to stop the leucorrheal flow are unwise and injurious except for relief and cleanliness. They completely ignore the cause of the dis-

charge, for in many cases the discharge acts as a safety-valve. Sudden applications of alum or other astringent to the highly sensitive membrane may derange its capillary circulation and thus aggravate the inflammation.

**How Restoration
is Effected**

The immediate cause of leucorrhœa is lessened nerve control of the circulation resulting in congestion. When Nature is furnished with the means it can use to overcome the lessened nerve control and restore the circulation, the restorative processes have been set in motion. Many women who suffered with leucorrhœa, in many instances complicated with other serious conditions, have entirely overcome these conditions through the use of Viavi. For instance, a woman in Missouri (2930), wrote of suffering with leucorrhœa following prolapsus of the womb. She suffered excessively with backache and headache, and became so melancholy that she did not want to live. She was led to supply Viavi to her recuperative power, and in a comparatively short time overcame all these conditions. Twenty years later, at the time her letter was written, none of these conditions had returned, and she enjoyed perfect health.

**Leucorrhœa With
Complications**

A woman, in England (2487), suffered with severe leucorrhœa accompanied by painful menstruation and severe nervous troubles. She was led to furnish Viavi to her recuperative power and entirely regained her health.

**Anemia,
Leucorrhœa**

Another woman, in South Africa (2539), suffered greatly from leucorrhœa, fainting attacks, and anemia. She finally had an operation from which she received no benefit, but even felt more nervous than before. A friend led her to furnish Viavi to her recuperative power, and in a few months she began to improve, became stronger, and was finally restored to perfect health. Two years afterwards she wrote that she had had no return of her former ailments.

**Illustrative
Experience**

Illustrating how conditions may exist in the body for a long time, manifesting themselves in one part and gradually affecting other and more remote parts, is the experience of a mother, in Missouri (2979). Her eyes were granulated for fifteen years. She could not stand the light, and her sight became so blurred that she thought it would be lost. Specialists in St. Louis told her she had a cataract for which she was treated, but without benefit. She was subject to colds, suffered with severe headaches, dropping of mucus from the back of the throat, catarrh of the stomach, severe cramps, and pain in the back of the shoulders. Catarrh developed in the uterine region, evidenced by a copious leucorrhea, together with a congested and displaced condition of the organs.

She was led to use Viavi. In a short time the circulation became normal, and she grew stronger. As health returned the eyes grew stronger. At the time of writing she had not suffered with the catarrhal conditions nor the granulated eyelids for four years, although she used her eyes constantly, and was out in all kinds of weather.

**Leucorrhea,
Pruritus**

A woman, in New York (2748), had leucorrhea before she menstruated, and during menstruation was confined to bed from one to two days. She was troubled with pruritus, and catarrh of the head which was so bad that the sense of smell was nearly gone and she could scarcely breathe through her nose. There were polypoid growths for which she was advised to have an operation. She was led to furnish Viavi to her recuperative power. The growths disappeared, the sense of smell returned, she became able to breathe freely through both nostrils, the uterine difficulty which caused the leucorrhea passed away, and she restored her health completely. Ten years later she wrote she was still in good health.

A woman, in British Guiana (2672), suffered from excessive leucorrhea, accompanied by inflammation of

the ovaries. She used Viavi, and later wrote, "I am now free from the troubles from which I suffered."

Extreme Nervousness Another woman, in Missouri (3508), wrote that she suffered from leucorrhea which was followed by untold misery in her back. She became a nervous wreck, unable to sleep. This is another illustration of the serious effects which may follow leucorrhea. It becomes such a constant drain upon the system that the entire body is more or less affected. After using Viavi she wrote, "Now I am well, and don't know what it is to have an ache or pain any more."

Leucorrhea in Childhood A woman, in Wisconsin (4530), wrote that she suffered from leucorrhea ever since menstruation began. As she grew older she suffered with congestion and inflammation of the ovaries, enlargement and forward displacement of the womb, irritation of the bladder, and frequent urination. She also suffered with palpitation of the heart, nervousness, and severe headaches over the eyes. She used Viavi, and gradually grew well.

Obliged to Give Up Work A woman, in the state of Washington (11), suffered with leucorrhea for fifteen years. The constant drain on her system weakened her so much that she was finally thrown into nervous prostration, and obliged to give up her stenographic work for two years. A friend led her to use Viavi. In a comparatively short time improvement began, she was able to resume work, and in less than a year restored herself completely.

We have space for only a few of the letters we have received from women who suffered from leucorrhea and restored themselves through the use of Viavi. But we shall be glad to send you these, or others, if you are interested or desire them. Address any Viavi office.

CHAPTER XXV

SOMETHING ABOUT THE MENSTRUAL FUNCTION

MENSTRUATION, a periodical function of a woman's reproductive system, is the flow of the menses, consisting of a bloody discharge from the uterus, recurring every four weeks, as a rule, and continuing on an average of four days. It begins with puberty and ends at the change of life, thus covering a period of about thirty-two years, though varying with races, climates, and individuals.

Is a Natural Function

Menstruation is necessary to a woman's organism during the child-bearing period. Being a natural function, it is painless when normal. When it is painful, an abnormal condition exists. Menstrual anomalies are so frequent that this function is often called "the monthly sickness." Few women realize that if menstruation is permitted to remain abnormal—scanty, profuse, painful, or suppressed—they will suffer the consequences sooner or later. By neglect they are allowing their bodies to become more and more susceptible to disease of all kinds. It will only be a question of time until one part after another will give way. They may collapse physically and mentally, and at the change of life, if not before, will pay the penalty in some form. The general belief that it is natural to suffer at this time is erroneous and misleading.

An Essential of Health

As the organs of reproduction constitute the grand center of a woman's economy, it is essential to perfect health that they be not only fully developed, but able to function regularly and painlessly, and be capable of disposing of the monthly congestion as the

alimentary tract disposes of fecal waste, the kidneys of urine, the lungs of carbon dioxide, etc. Menstruation, as the function of other parts, depends upon the nervous system, the condition of the blood supply, and much upon the fully developed and healthy state of the entire reproductive tract.

The average woman looks upon the menses as merely a flow of blood. It should be regarded as a disposal of the unused preparation for motherhood.

**Source of the
Flow**

The source of the menstrual discharge is the lining of the womb, but before the flow can occur the thin layer of tissue that lines the womb must be cast off. For this purpose a change in the texture takes place; a disintegration occurs. The lining and the capillaries within its substance are softened. It is due to this change, occurring several days before menstruation, that the thin covering of the lining is shed, thus uncapping the numerous minute blood vessels and permitting the menstrual blood to escape into the cavity of the womb. That is why it is necessary that the blood supply be normal and the organs fully developed.

**Women Differ
Widely**

Menstruation appears, as a rule, once every twenty-eight days, counting from the beginning of one period to that of the next; but every woman is a rule unto herself as to the recurrence and duration of her periods. A woman may be perfectly normal and menstruate fourteen, fifteen and even sixteen times a year. These departures from the average do not indicate abnormality unless disturbances arise, and if so demand immediate attention. If a woman menstruates every three weeks regularly and feels perfectly well, and has so menstruated from the beginning, it is evident that this time is peculiar, but natural to her. The duration of the flow also greatly varies, lasting from two to eight days. It can be determined as normal or abnormal only by its effect upon the organism.

**The Quantity of
Flow**

The quantity discharged at each flow varies, in different individuals, from four to eight ounces. The flow is more profuse in warm than in cold countries. Striking differences appear among women in this particular. There are frail women who menstruate abundantly and who do not feel well unless they do; and robust women with a naturally scanty flow who become debilitated by a slight increase.

It is important for a woman to know what her natural peculiarity is in this regard, as it furnishes a basis upon which she can judge the state of her health. It is the changes in her own condition, and not what may happen to some other woman, that concerns her.

**Composition
of the Flow**

The menstrual flow is a very complex fluid, being composed of blood, mucous secretion of the uterus and the vagina, epithelia and other debris. At commencement the flow is generally pink; at its height it resembles arterial blood, and at cessation gradually becomes rusty in color. It does not coagulate, as ordinary blood does, and has an odor peculiar to itself. The blood comes from the capillaries in the fundus of the womb and the uterine end of the Fallopian tubes. The mucus is discharged from the cells in the lower part of the body of the womb, its neck and the vagina. Its purpose seems to be to dilute the other constituents and make them flow more easily. The solid constituents are particles of the disintegrated lining of the uterus or clotted blood.

**Great Force is
Expended**

The forces involved in this monthly process are great. The sensibilities of all the reproductive organs are quickened to a high point from an unusual nerve stimulus followed by a greatly increased blood supply. Even the ligaments supporting the womb, Fallopian tubes and ovaries take part in the general process, being considerably congested. The strain upon the reproductive organs is intense, and they require per-

fect health to bear it. If they have such health, they easily and painlessly bear the strain and are benefited by it, just as the stomach, when healthy, bears the strain of the work that it is required to do in digesting food, and is made all the healthier and stronger by it. The work required of the reproductive organs in menstruation is so various and must be done so nicely and precisely that derangement is not only easy to bring about, but produces serious disorders when it occurs.

**The Lining
Re-Formed**

The lining of the womb begins to re-form as soon as it is shed. When it is re-formed, the uterine walls no longer contract and force the blood out of the capillaries. The glands emptying mucus into the generative tract cease their activity. A state of quietude comes over the reproductive system, and the menstruation is at an end for that time.

**Three Basic
Conditions**

A consideration of the three physical conditions upon which normal menstruation is based—the nervous system, the blood supply and the health of the reproductive organs—will make understandable the recuperative processes by which Nature restores and maintains normal menstruation. By restoring normal nerve control of the circulation, blood in the right quality and quantity is brought to these organs, thus supplying each cell with proper nourishment, and, being unimpeded, properly carries away all the waste products of the vital processes. In this way these organs are restored to their normal condition, congestion is removed, and inflammation disappears, the pain ceases, and menstruation becomes what it was intended to be, a normal, painless function. The purpose in using Viavi is to assist the recuperative power by furnishing to it a means which it may use to overcome abnormal conditions and restore healthful function. Thousands of

women who have suffered from menstrual difficulties have found Viavi the means which their recuperative forces used to restore the normal menstrual function, and have thus in their own experience demonstrated that when normal, menstruation is a painless function.

CHAPTER XXVI

SOMETHING ABOUT PAINFUL MENSTRUATION AND ITS MANIFESTATIONS

MANY women suffer pain or distress at some or at every period. This indicates an abnormal condition. Every pain uses a definite amount of nervous vitality. Every moment of suffering impairs vitality, deprives the mind of its higher qualities, and lowers a woman's capacity for wifehood and motherhood. Most women think they should suffer at this time, not realizing that menstruation is a natural function, and should be painless; and that pain is evidence of disease which is mercilessly sapping her life and hastening old age.

Abnormal Manifestations

Menstrual suffering has numerous manifestations. With some, pain occurs before the flow begins, disappearing the first or second day. With others, the first painful days are followed by relief, with pain toward the end. Again, pain may come suddenly with the flow, and gradually lessen toward the close. Some suffer only when moving, and others have pains at every other period.

Where Pain May Occur

The location of the pain varies greatly. It may be in any or every part of the abdomen and pelvic cavity, with or without backache or headache; it may extend down one or both legs, or up to the waist, and often to the breasts, frequently being so severe that the sufferer writhes in agony. However, these menstrual pains are symptoms, not a disease.

**Nervous Ills
Arising**

There are often nervous and distressing mental disturbances accompanying painful menstruation which may affect the digestion, the circulation, the bowels or the bladder. Irritability is common, as is a desire to brood, and cry over imaginary troubles, which is a form of melancholia, and that, in turn, is a sort of mental derangement. Among the female inmates of insane asylums there is a marked increase of mania at the periods. At such times women whose mental balance has been changed are likely to do desperate things, suicide being most common at the periods.

**Why Disturbance
is Serious**

We can understand why physical and mental disturbances are so serious by realizing the intimate nervous connection of the reproductive organs with the brain. All of the organs involved affect the nervous system. Pain draws on one's vitality, depriving the recuperative forces of rest and sleep, the best conditions for their work.

The use of sedatives or narcotics necessarily aggravates the evil by lowering the nervous vitality. They relieve pain by deadening the sensibilities. Stimulants produce injurious effects of another kind—they unduly quicken the action of the heart and aggravate congestion.

Instead of deadening or over-stimulating the sensibility of the nerves, the purpose in using Viavi is to furnish the recuperative power with a means which it may use to restore normal nerve control of the circulation, so that it may bring nutriment to every cell and carry away the waste resulting from congestion and inflammation. Unless menstruation is perfectly painless, a woman is unsound, suffering a drain that will sooner or later tell heavily.

PAINFUL MENSTRUATION, OR DYSMENORRHEA

Painful menstruation is called dysmenorrhea. For convenience, the different forms of dysmenorrhea are

classified according to cause or the conditions accompanying them, although several kinds may exist at once. When painful menstruation follows disease of the ovaries, tumors, polypi, etc., one is almost certain to be advised to have the ovaries or womb removed. However, this does not remove the cause of the painful menstruation, and is often an irretrievable mutilation, followed by deplorable changes in the nervous organization, as pointed out in other chapters.

**Process of
Restoration**

How restoration from painful menstruation is accomplished, may be easily understood if the causes and the necessary processes of relief are kept clearly in mind. Underlying every case of painful menstruation is a derangement of the circulation with congestion and inflammation; and though the conditions may steadily grow worse, Nature kindly seeks to make the parts less sensitive and painful. The restorative process begins as the circulation improves, and the pain, which may for a time seem worse, gradually becomes less until the menstrual function becomes painless.

**Restoration from
Within**

It should be borne in mind that fundamentally, restoration comes from within. The recuperative power—the only power by which we can get well—resides within our bodies. Nature is the real restorative agent. Every means which this recuperative power can use to overcome abnormal conditions is a restorative measure. During restoration Nature uses some of the vital force of the body, and if this nervous vitality is being otherwise used, either in worry, impatience, or physical labor, there is less of it available for Nature's restorative effort. Therefore, as a part of the conscious effort to become well, every sufferer should make the circumstances of her life as agreeable as possible, adapting herself cheerfully to what she cannot control. Nothing should make her negligent in using the means which the recuperative power needs and can use. Rest, sleep,

needful exercise, air, and sunshine should be determinedly supplied, and fatigue strictly avoided. Every natural function should be attended to with perfect regularity. Recovery brings so much gratification that every reasonable effort to secure it is warranted.

Non-Development Painful menstruation due to non-development of the organs begins at the first period. The pains may be very excruciating, often causing spasms, and sometimes requiring anæsthetics to control them. **a Cause**

For instance, a woman, in Texas (718), wrote that physicians called hers an infantile womb. Chloroform was often used to relieve the painful spasms which occurred. This condition existed so long that other parts were reflexly affected. Her physicians pronounced her condition as acute Bright's disease, catarrh of the stomach, and nervous prostration. She was unable to entertain company without severe nervousness and a high fever following. She had been operated upon three times, but was no better, and another operation was the only hope offered her.

She was led to furnish Viavi to her recuperative power, and from a hopeless invalid, became a well woman. Several years after, she wrote, "I can truthfully say that I have never had any return of my old trouble since I used Viavi and was so wonderfully restored."

Agony from the Beginning A woman, in Indiana (887), wrote that she began menstruating at the age of sixteen, the flow being very scanty, and accompanied by excruciating pain. Her physicians diagnosed non-development. She began the use of Viavi and at the end of six months saw marked improvement. She continued supplying Viavi to her recuperative forces until she became a hearty, robust girl. Eight years later, she wrote that good health had continued, and she had grown stronger every year.

**Non-Development
Overcome** A mother, in Missouri (1790), wrote that the doctor said her daughter could never be a mother because she was not developed. She menstruated intermittently, going six months without menstruating, and then flowing for fourteen days. The mother, realizing how much health meant to the happiness of her daughter, led her to use Viavi for some time before her marriage. After marriage, the daughter continued to furnish Viavi to her recuperative power during her pregnancy, and up to the time of confinement. Later she wrote telling that the use of Viavi had enabled her to become the mother of a darling baby who had made their lives happy and their home complete.

**Due to Infantile
Womb** A woman, in Iowa (3749), had good health until she was thirteen years of age. Her menstrual periods were painful and irregular during the next eight years. She became very melancholy, and wanted to die. Many examinations by different physicians revealed infantile uterus, and one suggested that she supply Viavi to her recuperative power, which she did. About two years later she wrote, "Today, my uterus is normal size and the other organs are healthy."

**Suffered from
First Period** A mother, in Georgia (4498), wrote that her daughter suffered severely from her first period with profuse menstruation, and reached such a condition that an operation was advised, and was to take place on the following day. The mother was led to realize the reasonableness of furnishing Viavi to the recuperative power as a means which it might use to restore health. At the beginning, much waste matter was eliminated. Her daughter's complexion cleared beautifully, she looked better, put on weight, and all her friends were agreeably surprised at the improvement. Writing years later, the mother says, "I would not take a thousand dollars for what the use of Viavi

aided Nature to do for my daughter." She is enthusiastically telling mothers how the recuperative power used Viavi to restore her daughter to health.

**At the Age of
Thirteen**

A woman, in New Jersey (3945), tells of suffering from painful menstruation at the age of thirteen, emphasizing the fact that the organs were not developed. She was under medical treatment until she was twenty-four when her physician advised and performed an operation. Her condition became worse, other complications arose, and for four years the womb was dilated every three months, the pain being so severe as to cause partial unconsciousness.

**About
Dilatation**

Let us think a little about dilatation. The tissues of the womb were not sufficiently developed or elastic to allow the increased supply of blood, which is sent to the womb at the menstrual period, to pass through the arteries in the tissues of the womb without pain, nor to allow the menstrual discharge to pass from the cavity of the womb into the vagina naturally and painlessly. Nature's effort to expel the flow caused the pain and suffering. The physicians recognized these facts because they dilated the neck of the womb, just as one stretches the finger of a kid glove when it is too small. Dilatation is a prettier word than stretching, but the process breaks the tissues of the womb just as the tissues of the glove are broken. As the stretching had to be done every three months, there was no doubt as to the diagnosis, nor the fact that stretching was not giving permanent relief, yet it was continued.

**Dilatation
Palliative**

The non-development and inelasticity of the tissues of the womb were understood by the physicians, as they may be by anyone. Nature has her own way of developing and making the tissues elastic. The recuperative forces have been using this restorative and gentle process for ages and ages. When we help in-

telligently, good results follow whether we know the internal processes of its accomplishment or not. For instance, how does the body build itself? Is it not through the food we eat? Are not the food substances changed so that the blood may carry them to the cells of the tissues? Will not the tissues become normal and therefore elastic when they are supplied with the needed material? Does an operation or stretching supply the necessary material to make the tissues elastic? Does your experience teach you that stretching a glove or elastic fabrics make them more elastic? Nature, i. e., the recuperative power, takes from the blood those materials which are necessary to the health and elasticity of the tissues when the blood circulates freely to them and contains the material which they need. Stretching does not supply these two conditions.

**The Basis of
Hope**

While this is obvious and fundamental, and experience is constantly proving it, it is not always fully recognized. For instance, this New Jersey woman suffered more than eleven years, yet was not benefited by repeated stretching of the womb. This process could not supply the materials necessary to make the tissues elastic, or overcome the lowered nerve control of the circulation.

She supplied Viavi to her recuperative power and became well, and is only one of many thousands who have experienced the same happiness. She wrote: "My suffering caused me great unhappiness; through the use of Viavi I have gained the health I have now enjoyed for years."

What the recuperative power did in this woman's body, may be done by the same power in your body, for you, when supplied with the same means. Her experience as that of thousands of others gives you the soundest basis of hope that you too, may become well through use of the same means.

NEURALGIC DYSMENORRHEA

In neuralgic menstruation, the pains are intermittent, being like neuralgic pains in other parts of the body. The pains are most common in girls at the age of puberty and in young married women who have not borne children. Pain in such cases indicates a disordered condition of the nerves and circulation in the uterine organs, and of course, is worse during menstruation. Pain may appear just before the flow begins, and then disappear, or may persist intermittently during the period, often being so agonizing that the sufferer becomes delirious and prostrated. This form of painful menstruation rapidly undermines the system and is more destructive of the general health than all other forms combined.

The pains are not always confined to the pelvic region; they sometimes develop in the head, face, teeth, eyes, fingers, toes, breasts, ribs and intercostal spaces, stomach, bowels, and even the heart. The pains generally disappear upon a cessation of the flow; but in some cases, particularly where there is continued irritation of a lacerated cervix, the pains continue throughout the month. This fact should be borne in mind for the reason that its origin and relation to the disturbance of the menstrual function is sometimes overlooked.

Many Causes of Neuralgia A constitutional neuralgic disposition may be inherited, or may be developed by an impoverishment of the blood, chlorosis (green sickness) in young girls, gout, rheumatism, syphilis, malaria and the like. Any disease of the uterine organs may result in lowered nervous condition that manifests itself in neuralgic dysmenorrhea. The intimate nerve connection of the uterine organs with the nerve centers controlling the spinal and cranial nerve system and other vital organs, explains why this condition so seriously affects the entire body and why so wide a disturbance is caused.

If neuralgic dysmenorrhea is to be overcome, the nervous system must be built up; the nervous vitality restored. Each cell of each tissue and organ must be supplied through the blood with the nourishment it needs, and the waste carried away. The purpose in using Viavi is to supply to the recuperative power a means it may use. Thousands of women have used Viavi, and have proven by their restoration that menstruation can be a perfectly painless function.

**Pains Lasted
Twelve Hours**

A woman, in New Zealand (2545), tells how she suffered many years from extremely painful menstruation. The pains lasted about twelve hours, exhausting her, leaving her in a half-conscious condition. She had been under physicians' treatment during this time, with little or no relief. At last a friend led her to furnish Viavi to her recuperative power. She wrote that she was slowly but completely restored, and her friends all exclaim at the change which has taken place in her health.

**Neuralgic
Pains**

A woman, in Ireland (2450), tells, with a deep feeling of thankfulness, how she was restored from neuralgic painful menstruation which began at the age of puberty. She spent many wretched years under various treatments, including curettement, but steadily became worse. She providentially, as she believes, learned of Viavi, began furnishing it to her recuperative power. She gradually became stronger, increased in weight and felt like a new woman.

**Fits Preceding
Menstruation**

A sufferer, in Alberta, Canada (2818), wrote of having fits from the age of three, often as many as ten in one day. When she developed, menstruation was painful, profuse, and irregular, making her life miserable. She furnished Viavi to her recuperative power for a year or more. In a comparatively short time the fits ceased, menstruation became painless

and regular each month, she gained in weight, and life became a pleasure. Her friends were so astonished that they would remark, "You must have experienced a miracle."

**Pain and
Convulsions**

A woman, in West Virginia (4512), tells how terribly she suffered with pain in the head and with convulsions before each menstrual period, so much so that she was given morphine hypodermically. Both ovaries were so congested and painful that she could not bear to have her clothing touch her. She grew weak and nervous, having little hope of ever becoming well. She was led to realize that it was her responsibility to furnish the recuperative power in her body with the means which it could use to restore health. She supplied Viavi to this power and has had no convulsions since that time nor does she suffer at her periods. She became entirely well, and having no return of her trouble for a year and a half, feels that her restoration was permanent.

**St. Vitus
Dance**

A young woman, in the state of Washington (3939), wrote, "I know you receive many letters from grateful users, but I don't believe you have many from users who were in worse condition than I was when I began the use of Viavi, nor many from users who have been more wonderfully benefited through its use." Continuing she wrote that she suffered three years from a nervous breakdown, having little control of her lower limbs. A friend led her mother to want to use Viavi for her, but a neighbor, unfortunately, advised against it, as the young woman wrote, "delaying my getting well another ten months."

**Unkind
Advice**

The interference of the neighbor is mentioned because, sometimes those who know nothing of Viavi, and give no thought whatever to the processes of restoration, offer their advice emphatically and with

fancied authority, often preventing or delaying a sufferer's return to health.

The recuperative power requires time to overcome unhealthy conditions, and frequently large amounts of impure matter must be eliminated which may cause much suffering—a process often misunderstood. Helpful information drawn from the experience of many thousands of sufferers who have regained their health through the use of Viavi may be secured from us or one of our various branches.

This sufferer's condition became so serious her physician informed her mother that she might pass out any minute. The specialist stopped calling because he felt further treatment was useless. In this hopeless condition the mother furnished Viavi to her daughter's recuperative power in as large quantities as could be absorbed, and the results are told best in her own words: "In a few weeks I began to get stronger, in six months I could sit up. This was eighteen months ago, and now I am enjoying the life of a healthy, normal girl with none of my old troubles left, and I am looking forward to a long life of health and happiness, thanks to the use of Viavi."

Menstruated at Four Years	A young woman, in Missouri (3858), wrote that she was an abnormal child, menstruation beginning between three and four years of age as naturally as in women of mature years. At nine years of age she was compelled to stay out of school monthly, often flowing several weeks without stopping. At the age of fourteen she was a nervous wreck, having had nervous prostration twice, and suffered with St. Vitus dance, neuritis, neuralgia of the ovaries, and other complications. She was operated upon for a serious condition of the ovary by a specialist. Following this, she suffered worse and flowed three years and six months without ceasing. Nothing that her physicians offered was used by her recuperative power with benefit, and they finally told her that there was no hope. She was led to use Viavi, using
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it for a period of two years, and entirely restored herself; and this is how using Viavi for two years appealed to her, when writing six years later: "What is two years to a life time of illness? Before using Viavi I endured life. Now I enjoy life."

CONGESTIVE DYSMENORRHEA

This form of menstrual difficulty may be suffered by women who have menstruated for some time without pain, but is experienced oftenest by women who have borne children or have aborted. The pain may occur between the periods; but most often it comes before or suddenly with the flow and then diminishes or ceases altogether. The cramps may be slight or very severe. The pulse is quickened, the temperature rises, the skin is hot and dry, and the eyes are suffused. There is some fever, severe headaches, general restlessness, occasional delirium. The bladder is often sensitive with a considerable increase of urine. Many reflex symptoms are experienced, such as pains in the small of the back and down the thighs, either inside or outside. Sometimes the power of movement in the legs is lost, or pain and fatigue are experienced in walking. The digestive organs may refuse to do their work, the bowels may become constipated, vomiting may occur, and the breasts may feel sore and tender. Leucorrhea is often present.

Two Kinds of Congestion

The pain is caused by unnatural congestion of the pelvic organs due to a lowered nervous vitality. In normal menstruation there is a natural congestion of the womb, but painless because natural. Normally, more blood is sent to the uterine organs at the menstrual period than at other times because the function requires it. But when these organs are unnaturally congested and inflamed before the period, because of displacement, adhesions, tumors, polypi or

other causes, the flow, forcing its way through the tender walls of the womb causes severe pain.

To Overcome Dysmenorrhea To overcome unnatural congestion causing painful menstruation, Nature must be assisted to remove the cause of the congestion. If congestion follows displacement, the displacement must be righted; if it arises from adhesions, they must be absorbed; if it follows tumors or polypi, Nature must be assisted to remove or expel them. The recuperative power knows what conditions are present, what has to be done, and how to do it, but must be furnished the means with which it may do it, just as it is furnished with food to replace the daily waste of the body. Your purpose in using Viavi is to supply your recuperative power a means it may use for your restoration as it has used it in restoring others.

Bedridden Monthly A woman, in England (2480), wrote that she suffered very much with the approach of her menstrual period, the pain often causing her to faint, and obliging her to remain in bed three days each month. In fact, she had not been without the attendance of a physician a single year in her life. She furnished Viavi to her recuperative forces for nearly a year, and became well enough to be married. Writing three years later, she said that she had not been obliged to call her physician and was able to do everything she wished even during menstruation.

Monthly Torture A sufferer, in New Brunswick (705), was so tortured with pain that she was obliged to remain in bed three or four days each month, and was kept under morphine the first day. Dreadful as it may seem this intense suffering was allowed to continue year after year until it gradually wrecked her life. She, like hundreds of thousands of others, believed it natural to suffer during menstruation. This sufferer became strong and

happy, restoring her health through the use of Viavi, in the easiest and most simple way. Many often do the most difficult and costly things in vain attempts to restore themselves, not realizing that if restoration is possible the recuperative forces of the body will do the restoring when furnished the means which they can use.

**Mechanical
Causes**

Painful menstruation is sometimes due to some mechanical obstruction of the menstrual flow. Tumors, polypi, clots of blood or mucus may obstruct and interfere with the flow. Flexion or tipping of the womb, a stricture of the vagina, and an imperforate hymen may constrict the natural passage of the flow.

Uterine colic and pain of mechanical or obstructive dysmenorrhea are easily distinguished. The flow, being retained, distends the womb, which then contracts as in childbirth, and when possible, painfully forces the menstrual fluid past the obstruction. The flow comes with a gush and the pain ceases. This may recur at intervals during the period. When the obstruction occurs, the contractions may expel large clots of blood resembling pieces of liver.

**Curettement
Unavailing**

A woman, in the state of Washington (3736), wrote that she suffered for four years with painful profuse menstruation. The flow, occurring every three weeks, lasted from seven to eight days, and made it necessary for her to remain in bed the first two days. She also suffered with much pain in the left ovary which was so swollen and enlarged that it could be easily outlined. Her physician informed her that the right tube was enlarged, and the womb was displaced backward, pressing upon the rectum, and causing constipation, indigestion, backaches, nervousness, and headaches. He also informed her that she would never be able to become pregnant without an operation to shorten the ligaments for the purpose of correcting the retroversion. She would not consent to the operation because

she was so discouraged, and had suffered much worse following a previous operation of curettement.

A friend led her to use Viavi, and she later wrote: "We are so thankful that she did, for instead of being mutilated, I am now well, a happy mother of a healthy baby boy." Her physician was amazed at the absence of laceration, as he had fully expected it because of her previous condition.

**Congestive
Dysmenorrhea** A woman, in Oklahoma (1468), wrote that her painful menstruation began from taking cold. She gradually grew worse, and during her first pregnancy, two years after her marriage, her health gave way entirely. She suffered so intensely that she says death would have been welcome, as it seemed impossible that she would live safely through her pregnancy and confinement. Her ovaries, which had been inflamed and congested, and had discharged for years, were worse than ever before. Every movement of the child caused intense suffering.

This illustrates how congestion and inflammation following so simple a thing as a cold, increase and develop into very serious ovarian conditions.

It was at this time that she was led to use Viavi. Improvement soon began, and in a few weeks she was able to be up and do her own housework. She passed through her confinement naturally, giving birth to a fine healthy baby. Eight years later she again wrote, that having regained her health through the use of Viavi, she endeavors to persuade every sufferer to use it.

OVARIAN DYSMENORRHEA

Painful menstruation may accompany inflammation of one or both ovaries. The natural congestion of the pelvic organs during menstruation increases the ovarian and peritoneal inflammation, hence the suffering is paroxysmal, neuralgic, and tormenting. Paroxysms of

pain between the periods is more common in this form of painful menstruation than perhaps in any other. Occasionally, it occurs every alternate menstruation. The lower part of the abdomen is extremely sensitive, distressing headache, neuralgia or hysteria appear, and there is a monthly martyrdom. The pain is usually dull and burning, and may be on one or both sides. When both ovaries are affected the pain usually extends through the pelvis, the buttocks and thighs; the breasts are often tender, and a general nervous disturbance with depression of spirits is very likely to occur.

The flow may diminish from period to period, and there is a marked tendency to wasting of the breasts and uterine organs, ending in sterility, loss of function, and a tendency to cancerous degeneration later.

Could Not Hope to be Well A woman, in England (2458), tells how her whole system was weak and life a burden because of the excruciating pain at each period in addition to ten days or so of pain between the periods, due to inflammation of the ovaries. This condition continued for several years, and she became very nervous. The bowels and bladder were difficult to control. Seventeen of the physicians under whose treatment she had been, declared that she could never hope to be well. She was led to furnish Viavi to her recuperative power, and at the end of six months had so restored herself that life became worth living once more. Her physicians later assured her she could pass a life insurance examination. Three years later she wrote: "I was very doubtful whether I should live to see these happy days. Now that I am married and happily settled I should like to thank you."

A Fundamental Truth The cause for her gratitude was that she was led to realize a great fundamental truth—that the recuperative power, which is bequeathed to us at the beginning of life, will not only repair the daily

waste of the body, but may also restore health when furnished with the means which it can use to do so. This sufferer was one who needed and was given continual encouragement during her discouraged moments; and it is for this that she expresses thanks.

**Four Years of
Suffering**

A woman, in Kansas (3929), writes that for four years she suffered with very painful menstruation accompanied by ovarian trouble, headaches, and nervousness, and was scarcely able to do her housework. In despair she began the use of Viavi, gained in weight, and in a year and a half was so much better that she helped her husband by clerking in a store, and was still doing this work when she wrote her letter. This woman furnished Viavi to her recuperative power, a means which it used to overcome the congested condition of the ovaries by bringing about that nice and necessary co-ordination of the nervous and circulating systems.

MEMBRANOUS DYSMENORRHEA

In this form, the lining of the womb becomes thickened and fails to disintegrate naturally and pass away imperceptibly with the flow. It is then forcibly separated from the womb, producing severe pain. The pains usually begin with the period, increasing until they are similar to labor pains during which the membrane passes, as a whole or in shreds, with a rather profuse flow, often followed by a purulent, or a watery, discharge. The sufferer is usually extremely nervous. This form of dysmenorrhea is frequently a cause of sterility.

Among the measures that have been employed for this affliction are dilatation, and curettement in conjunction with the application of chemical substances to destroy the membrane left behind by the curette. These measures do not remove the cause of the conditions which produce the pain. The purpose in using Viavi is

to furnish to the recuperative power a means it may use to restore normal conditions, so that the lining may be naturally and painlessly shed.

**Suffered Six
Years**

Here is a very illuminating experience of a woman, in Oregon (720). She had suffered about six years at every period with painful menstruation caused by the passing of the thickened lining. The healthy lining passes away in small particles with the flow; but the unhealthy lining passes away in shreddy clots, sometimes as a whole, in pieces as large as the first two joints of the little finger. These pieces, forcing their way through the narrow canal in the neck of the womb, just large enough to admit a large sized knitting needle, often cause as much pain as child-birth.

**Operation Did
Not Relieve**

This woman's pain was so great that her muscles drew up in knots. She used Viavi for a while and obtained considerable relief; but sickness in the family and other cares interrupted its use—her great mother love led her to sacrifice herself. Becoming worse from overwork and worry, she was treated by physicians, with no relief. An operation for dilatation and curettement was performed, but she suffered worse afterwards. Abscesses formed in the ovaries, broke, and were discharged through the vagina. She became so weak and the pain so intense that she was confined to bed for weeks. An operation for the removal of both ovaries was the only hope offered, and feeling that she could not live, she mentally consented; but recalling her former use of Viavi, she decided to use it again hoping she might grow stronger and better able to undergo the operation. With the assistance of her husband, she used Viavi faithfully, and in a month was up and about, gradually restoring her health without the operation. She has not been troubled since, although she has done much hard work.

By supplying Viavi to her recuperative power, this woman put her dependence in those natural forces with-

in her body, which, when furnished with a means they could use, restored health. Almost every woman who has regained health through the use of Viavi had, like this woman, failed with other methods.

**Membranous
Menstruation**

A woman, in the State of Washington (3705), tells how she suffered during menstruation because of the membranous flow. She was obliged to stay in bed during the entire period. She suffered with severe headaches, and with profuse flowing at the nose which sometimes occurred two or three times a day: clots formed which were so large that they almost choked her. In addition, she suffered with bleeding piles, gastritis, and palpitation of the heart accompanied with smothering spells. While in this condition, she was led to use Viavi, and in time became well. She later became pregnant, using Viavi during the entire term. She was in labor only one hour, and did not suffer as much as she formerly did during menstruation. She wrote that her child is a wonderful specimen of health, and that she never felt better in her life.

**PROFUSE MENSTRUATION, OR
MENORRHAGIA**

Menorrhagia is an excessive flow during menstruation, usually called profuse menstruation; occurring between the menstrual periods, it is called flooding. Neither is a disease in itself, but a symptom of disease. There is an undue loss of blood with impoverishment of the system. There is danger of bleeding to death, especially at childbirth.

An excessive menstrual flow is determined by the normal flow of each individual. An amount of flow which would be excessive in one woman, would not be in another. Profuse menstruation may take various forms, the flow being too profuse but continuing the regular time, coming too soon, or lasting too long.

Causes of Menorrhagia A woman may be what is called a "bleeder,"—one who bleeds easily from any cause. Congestion of the womb from any cause may produce it—a diseased lining, a distension of the walls of the blood vessels from weakness, or excesses, subacute or chronic inflammation of the ovaries or Fallopian tubes, structural changes in the womb, such as tumors or other morbid growths, especially after the change of life.

Strong, full-blooded women may have profuse menstruation for some time without apparent serious injury, but injury is nevertheless being wrought; weak women rapidly decline.

Flooding in Pregnancy With some, flooding may occur during pregnancy without apparent injury, though it is always to be regarded as the forerunner of abortion during the first half of pregnancy, and of miscarriage or placenta previa during the second half. It may occur upon the expulsion of the child, whether at full-term or not. It is very serious and almost always dangerous. When not caused by mechanical injuries, or the inability of the womb to reduce and close the blood vessels, it may result from prolonged or exhausting labor, from a hurried instrumental birth, or from adhering placenta. Diseases producing great debilitation, such as tuberculosis, typhoid, small-pox, cholera and the like, may cause flooding.

What to Do Whether one is losing too much blood may be determined by the effect of the flow. In hemorrhage, the blood comes in gushes, or as a continuous flow of bright red or dark blood. The face turns pale and the extremities become cold. Pain may or may not occur. Other possible symptoms are convulsions, difficult breathing, anxiety, nausea, ringing in the ears, feeble pulse, and paleness of the mucous membranes. A grave hemorrhage should receive immediate skillful

attention. It is imperative that the sufferer lie down upon the first appearance of a hemorrhage and keep perfectly quiet until the hemorrhage ceases. Raising the foot of the bed two or three inches and keeping the head and shoulders low tends to lessen the amount of blood in the pelvic organs. Effort should be made at once to check the hemorrhage in order to limit its weakening effect.

**Profuse
Menstruation**

A woman, in Pennsylvania (4193), wrote that she suffered with profuse and painful menstruation, growing gradually worse. She was treated, without benefit; and finally, after a consultation, her physicians advised an immediate operation for the removal of the left ovary. Her husband, however, who had overcome severe rectal trouble through the use of Viavi, would not consent to the operation, and she began the use of Viavi, and in a year was a thoroughly well woman; and writing again twelve years later she said her good health continued.

A woman, in California (711), wrote that in her girlhood she had a fall, which, the doctor said, prevented the womb from fully developing. She always flowed profusely at the menstrual period. Her doctor advised curettement, saying it would stop the profuse flowing. It did for a time, but as it did not remove the cause, menstruation became profuse again. She was led to use Viavi, and in fifteen months, her menses became normal, and she, well and strong. When she wrote four years afterwards, she said her good health continued.

**Weakness,
Anemia**

A woman, in Pennsylvania (4246), wrote that she flooded from seven to eight days, became too weak to walk up stairs, in fact, could scarcely walk at all. She was so faint and weak upon arising that it was necessary to sit out in the air for an hour or more to gain sufficient vitality for the day. She felt so badly that she wanted to creep off somewhere by herself. She

was led to furnish Viavi to her recuperative power, and this feeling gradually passed away as she became stronger. The periods became normal, the pain and swelling in the left side subsided, the back stopped aching, she gained in flesh, the color came back, and she became strong enough to do the things she wished. Six years later she wrote that her good health continued.

**Hemorrhages
for Months** A woman, in Oklahoma (661), wrote that she suffered for twenty-one months with hemorrhages from the womb.

Her condition was made worse by being thrown from a buggy by a runaway horse. She had undergone several curettements, but gradually growing worse, her physicians thought that her health might be restored by removing the womb, but frankly said that the chances of recovery were seventy-five per cent against her. She had given up all hope of restoration; but learning what others had accomplished through the use of Viavi, she furnished it to her recuperative power. In time she menstruated regularly, without suffering, and regained her health completely. Nine years later she wrote that she had had no return of her trouble.

**Fibroid
Tumor** A woman, in Michigan (2317), wrote that she suffered with profuse menstruation and leucorrhea, and became very weak. She was not able to stand

because of intense backache. She used Viavi, began to improve slowly, and at the end of five months the leucorrhea had entirely disappeared and she was better in every way. Continuing the use of Viavi, without any pain she passed a fibroid tumor as large as half an orange, and in time became entirely well.

**Flowed Almost
Three Years** A woman, in Texas (4150), began menstruating at fourteen years of age and for three years flowed almost continuously. During this time her physician treated her faithfully, but she grew weaker and was confined to her bed most of the time. An operation,

which her physician said was the only thing that would help her, was arranged. At this time she was led to use Viavi, and in a comparatively short time her recuperative power had so far restored her that she was able to be out of bed, and she gradually became entirely well. She wrote that she was very happy, and able to enjoy life.

**Profuse
from Puberty**

Another sufferer, in New York (3883), writing eight years after her restoration, said that she menstruated profusely from the age of fourteen, and suffered with nervousness, leucorrhea and headaches. She married at nineteen, and four years later, at the birth of her second child, was badly lacerated. This was followed by ovarian neuralgia, prolapsus, nervous headache, and very profuse menstruation, complicated with catarrh of the stomach. She wasted to a mere skeleton, became so nervous that she would cry and wring her hands, and was compelled to walk to get relief from the pain. The only hope offered was an operation. Fortunately for her, she wrote, she learned of Viavi and what others had been able to do through its use. She furnished it to her recuperative power, and in a short time began to feel better. In less than a year she was able to do all her housework, and eight years afterwards wrote she remained well.

**The Right
Conception**

This sufferer did not regard Viavi as possessing some mysterious power, such as many ascribe to things which they use. She realized that the recuperative power in her body was the active agent in restoration, but that it needed to be supplied with a means it could use to bring about restoration. When these means are supplied, this power knows how to use them because it has been building and repairing bodies for ages and ages. Reparation in the body goes on with few outward signs at first, and then the sufferer begins to notice that she sleeps and eats better, is happier, enjoys her home and the social environment

in which she moves. Others notice the change and speak of it. The miracle of getting well is a personal, individual experience, and faith in the recuperative power must precede action. That faith comes to the sufferer when she is led to appreciate what others have been able to accomplish through the use of Viabi. The action is shown when the sufferer actually supplies Viabi to her recuperative forces to use.

We could fill this volume with letters from those who suffered from menstrual troubles and overcame them through the use of Viabi. If you are interested, write us and we will send you letters from such sufferers. These letters show the possibility of your becoming well as they have done. No matter how hopeless you may feel, if you suffer, do not fail to write, as there may be no more cause for you to continue suffering than there was for these other sufferers. When they furnished Viabi to their recuperative power, that power used it and they became well. There is the same hope for you.

VICARIOUS MENSTRUATION

Vicarious menstruation is a discharge of blood, at the time of the menses, from some part of the body other than the vagina. There may be a flow from the vagina at the same time, but if so, it is usually scanty. The flow may come from some mucous membrane as of the nose, gums, stomach, lungs, rectum, some portions of the skin, fingers, breasts, or from ulcers. With some, the flow may be serum, or colorless discharge, instead of blood, the discharge being a profuse watery diarrhea. Vicarious menstruation is a rare and serious condition, usually following a low condition of the nervous system, faulty nutrition, or high arterial tension.

A woman, in Alabama (2152), wrote that at thirteen years of age she had so many hemorrhages from the nose that the shape of it began to be altered. Menstruation was scanty, and she never felt well. She

furnished Viavi to her recuperative power, and from a bloodless, sickly girl, became healthy and strong.

**Effect of a
Fright**

A woman, in Missouri (4386), wrote that she began to menstruate at thirteen years of age, but because of a severe fright, her menses were retarded for a year. When they re-appeared, the flow came vicariously in gushes of blood from the mouth and nose at the time of the regular period, accompanied by terrible suffering. After the birth of her two children she menstruated so profusely that she had to remain in bed for several days at each period. She kept growing worse, suffering from constant headaches, and a dull aching in the womb. She had sinking spells and a peculiar feeling in her limbs of a floating sensation, when sitting or lying down. Nervous prostration occurred every year or so, and she suffered with indigestion and constipation, and large protruding piles.

While in this condition, she was led to furnish Viavi to her recuperative power. In a comparatively short time a fibroid tumor passed from the womb, and from that time her recovery was remarkable. She wrote, "I am in better health than at any time since coming into womanhood."

AMENORRHEA, OR ABSENT MENSTRUATION

Amenorrhea is the name given to scanty or suppressed menstruation due to any cause other than pregnancy or the change of life. It is a very serious condition, and may lead to detrimental and fatal results. Suppression of the menstrual flow either partial or complete, leaves matter within the body which should be eliminated. It is like damming a rivulet. Some of the water escapes by percolation, and some by evaporation, but if the supply is greater than the loss, it will accumulate. The only way to stop it is either to dry up the spring feeding it, or remove the dam. The natural way to overcome suppression of the menses

with its disastrous results is to help Nature remove the cause.

**Some Signs of
Amenorrhea**

The sufferer becomes languid and mentally depressed; the skin has a peculiar sallowness, a dropsical condition may exist, with swelling of the limbs, and indentations made on them with the finger remain for some time. Diseases, such as consumption or Bright's disease, may appear and death may ensue. Death is attributed to the immediate cause, whereas the real cause may be suppression of the menses.

**Causes of
Amenorrhea**

Menstruation is the result of a number of forces and conditions acting in harmony. A loss of this harmony impairs or destroys the function. Thus, any serious disease, a violent nervous shock, fright, grief, or anxiety, may temporarily suspend the function. It often accompanies pulmonary tuberculosis, pneumonia, Bright's disease, diabetes, alcoholism, morphinism, cancer, malaria, or chronic inflammation of the uterine organs. All the uterine organs with their complex nervous relation to every other part of the body are involved, and affected reflexly.

Many sufferers have written of how they restored their normal menstrual function by furnishing Viavi to their recuperative power. The nervous system regained harmonious control of all the processes involved in the menstrual function, thus removing the cause of the derangement.

**Effects of
Amenorrhea**

A woman, in Canada (2279), wrote that she first menstruated scantily when thirteen. Abscesses formed in the lower part of the back which were lanced from time to time. She suffered much pain in the right ovary and the right leg, and with rheumatism in the joints of both hands and right knee. Her throat became sore about every three weeks, and this was diagnosed as tonsilitis. Some of these conditions were

probably the effects of the abnormalities of the menstrual function. The ovaries and other important glands in the body, known as the endocrine glands, are intimately related; hence effects in distant parts of the body.

The results which others had secured through the use of Viavi led her to furnish it to her recuperative power. In time she menstruated normally, the rheumatic pains passed, the throat became less sensitive, and she became entirely well. Nineteen years later she wrote: "I have never had any return of my former troubles. I am strong and well, and was very fortunate to learn of Viavi."

**Due to
Wet Feet**

A woman, in Illinois (2727), suffered with irregular menstruation, caused, she thinks, by getting her feet wet. For a period of two years she menstruated a little every three or four months. Following this the limbs bloated, she had leucorrhea and fainting spells, and was in misery from pains in the throat and eyes. She was led to use Viavi, and although it was several months before she saw indications of improvement, in time she had no pain, menstruated regularly, and felt entirely well.

**Thankful for
Health**

A woman, in New Jersey (4338), wrote that she had suffered greatly from scanty menstruation. Her nervous condition made life almost unbearable. She was anemic, had a hacking cough, indigestion, profuse leucorrhea, and suffered intensely at each period. She was led to furnish Viavi to her recuperative power, and two years later wrote that all these conditions had been entirely overcome, for which she was very thankful.

**Scanty
Menstruation**

A woman, in Louisiana (829), wrote of suffering from scanty menstruation, becoming so nervous that at seventeen the right hand and arm became partially paralyzed. The flesh was bad in color and the

fingers were contracted. Her physician gave no hope of even staying the progress of the disease. At twenty-three she furnished Viavi to her recuperative power, and two years afterwards wrote that menstruation had become normal, the pain in the arm relieved, the tissues healthy in color, the ligaments of the hand noticeably relaxed, the circulation good, and the hand no longer cold and clammy. She later became the mother of four healthy boys, and fifteen years after she restored herself she wrote that she was very grateful for the permanent benefits obtained.

Function Suspended	Usually, menstruation is suspended during pregnancy. The exceptions are infrequent. Suspension of the menstrual function by reason of pregnancy or change of life is a natural condition, indicating good health; while suppression of the menses from any other cause is unnatural and indicates an abnormal condition of health. As the two are so different, great differences in the conditions are generally found.
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Causes of Suppression	Other causes of suppression are cystic degeneration of the ovaries, tumors in the uterus, displacements, flexions, and enlargement and hardening of the womb. A change of climate or a radical change in the mode of living may bring it on. Taking cold during the menstrual period is a very common cause. Non-evacuation of the bowels and bladder may also cause suppression.
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Suppressed Two Years	A woman, in Kansas (4029), wrote that she suffered with suppressed menstruation for almost two years, following a period of many years of suffering with uterine troubles. She became so nervous that she could not stay alone at all. She was so bloated that she could scarcely walk; could not sleep at night; and got up in the morning feeling more tired and nervous than when she retired. A number of physicians treated
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her, and all suggested an operation as the only means of recovery.

It was while she was in this condition of suffering and discouragement that she was led to use Viavi. In a few months she noticed signs of improvement; menstruation occurred, she was less nervous, and slept better. The periods eventually became normal, and she felt like a new woman.

**Friends See
Improvement**

A woman, in England (2453), wrote that she suffered from suppressed menstruation for eighteen months, becoming exceedingly thin, and low spirited.

She was led to furnish Viavi to her recuperative power. In a short time she grew stouter, became less nervous, and at the end of six months menstruation was re-established. Her friends remarked how splendidly she looked—how full of life and energy.

**Restoration
Takes Time**

A woman, in Kansas (4110), wrote that she had not menstruated for eighteen months and was a nervous wreck. An operation for removal of

the uterine organs was advised as the only means of relief, but as both husband and wife were anxious for children, this was not considered. She began the use of Viavi. During the early months of its use, although the recuperative forces of the body were doubtless doing all that was necessary, improvement could not be seen; but she persistently continued although it was discouraging at times. Sufferers want to get well quickly. They do not realize how much the recuperative power has to do, nor do they even think of that power doing anything. They think of the means used as having some magical power to do that which only the recuperative power can do in its own way, and in its own time. When they realize that restoration is a natural process, and requires time, they become more patient and are encouraged as evidences of improvement, even slight, are seen.

Among the first signs of improvement, this sufferer noticed less bloating, less nervousness, and more strength. The menses reappeared, and about a year later she became pregnant. She continued furnishing Viavi to her recuperative power, and suffered none of the discomforts so frequent during pregnancy. A baby boy was born, whom the specialist pronounced to be a perfect specimen of a healthy child. She later wrote that she had remained well.

**Signs of
Suppression**

In suppressed menstruation from causes other than pregnancy or the change of life, there is usually headache on the top or side of the head, a dropsical condition, heaviness of the feet, dyspepsia, lassitude, drowsiness in the daytime, palpitation of the heart, bleeding at the nose, and swelling of the veins of the legs. The meaning of all these conditions can be easily understood. The drowsiness comes from an impure condition of the blood, affecting the brain, organs, and tissues of the body. The nose bleeding indicates Nature's effort to get rid of some of the blood that should escape in the natural way. The distension of the veins of the legs shows a superabundance of fluid in the system and its escape into the tissues.

**Viavi as a
Means**

A woman, in the State of Washington (2179), wrote that her troubles began with severe winter colds which forced her to give up school. She went to the country where she rode horse-back, ate nourishing food, and had abundant rest, but without benefit. Hot sitz baths, and heavy doses of pennyroyal were given to increase the menses, which had decreased to a few drops of brick colored flow. She spent half of her time in bed and the other half dragging around. She had no appetite, could not sleep, was fretful, nervous, irritable, and cared little whether she lived or died. She learned of Viavi seemingly by accident, but now believes she was divinely led to know of it. Appreciating the principle

of furnishing Viavi to the recuperative power as a means which it may use, she recognized a truth for which she had been searching, and began to use Viavi faithfully. In a few weeks she menstruated naturally, more than she had for years. In five months she was well again, her cheeks were rosy, she gained ten pounds, worked early and late, and enjoyed it.

**Restoration
Permanent**

While she was thus improving so splendidly, she suffered a great nervous shock which proved a great setback. Her nerves were again shattered, indigestion followed, she had fainting spells, terrifying nightmares, and could scarcely sleep. She continued using Viavi faithfully, and although improvement was slow, the comparisons from month to month clearly indicated that she was, for the second time, regaining her health. At the end of a year and a half she had fully restored her health, and seven years later wrote that the restoration was permanent.

**Yours is the
Responsibility**

What is the application of these truths to you, as a sufferer? Just this: The recuperative power, through which alone, you can get well, is in your own body, and no one can use that power but you. You must furnish a means which it can use; and these letters which we have quoted, from others who have suffered, tell the means they used through which they restored their health. Your recuperative power has been caring for your body always, and for other bodies for ages. It has the wisdom gathered through those ages. It cares for you while asleep or awake, and if restoration is possible, it will restore you to health when you furnish a means which it can use. Viavi has been the means which the recuperative power of thousands upon thousands of others used. Why may it not be the means for your restoration if you will furnish it to your recuperative power? The responsibility for furnishing a means your recuperative power can use is wholly yours.

We have space for only a few of the letters we have received from women who suffered from menstrual derangements and restored themselves through the use of Viavi. But we shall be glad to send you these, or others, if you are interested or desire them. Address any Viavi office.

CHAPTER XXVII

SOMETHING ABOUT CURETTEMENT

CURETTING the womb is the scraping away of its lining with a spoon-like instrument which may have either a sharp or dull edge. A sharp hook is fastened into the neck of the womb to drag it into the vaginal orifice. The curette is introduced into the womb, and repeatedly drawn outward, scraping or cutting away the lining. The womb is then washed out and packed.

**Injury Done
to the Womb**

Dragging the womb downward the length of the vagina is a serious procedure. It stretches the ligaments and other parts, and if adhesions are present they may be torn, and internal hemorrhage occur. Dilatation of the mouth of the womb, especially if the womb is hard or indurated, is a serious operation in itself, and laceration sometimes occurs. Rendering dilatation painless by anesthetics does not prevent injury to the tissues. Not only is the mouth of the womb unnaturally opened, but the entire neck, or about one-third of the womb, is also opened.

**Sensitiveness
of the Womb**

The neck of the womb with its external and internal openings, acts as a double guard to the womb, showing Nature's extraordinary care to prevent any unnatural invasion. When a diseased lining exists, the whole organ is involved more or less. It would be as sensible to scrape away the lining of the stomach to establish a healthy condition of that organ as to scrape away the lining of the womb for the same purpose. You can imagine what injury must be done to the delicate cells forming the lining of the womb by the barbarous scraping of the curette.

**Other Damage
May be Done**

The openings of the Fallopian tubes into the womb are only large enough to admit a very small bristle. In curettement they frequently become raw, bruised, and bleeding. This leads to diseases of the tubes and ovaries, to painful, menstrual difficulties and to other complications. Through carelessness or ignorance, infection may be carried into the womb. Sometimes the diseased tissues are so fragile that the curette is pushed through the walls of the womb. Because of such dangers, and its uselessness, many surgeons have discarded this form of treatment.

**Menstruation
Stopped**

A woman, in Missouri (3666), wrote that she suffered with inflammation of the womb from puberty. She was married at nineteen, and at twenty-two a specialist discovered a growth. A curettement was advised to obviate a more serious operation later. However, after the curettement she did not menstruate, and was kept in bed for two months, gradually growing weaker. A year later she was examined by several physicians, and while none could say why she did not menstruate, they advised the removal of all the organs. At that time a cousin led her to use Viavi. She became much better, but discontinued using it before she was entirely well. Ten years later she again suffered so badly that she could hardly lie or sit down because of the pain in the uterine organs. She was nervous, had headaches at the base of the brain most of the time, and life was almost a torture. The womb was three times its normal size and bound by adhesions to the rectum. Her husband encouraged her to use Viavi faithfully. All these conditions were overcome, and she became a well woman.

**Adhesions
Followed**

A woman, in Georgia (4531), began menstruating at twelve, suffering with convulsions so severely that she often fell in a faint. Each period her body drew up in knots, for two days at a time. She was

treated by the best physicians, the womb was dilated and curetted. Adhesions followed the curetting, and she suffered very severely. When she dragged herself to her physician's office, she fainted there. He said that everything possible had been done with the exception of another operation. She furnished Viavi to her recuperative power for several weeks, and was again examined by her physician who still advised an operation, believing that the relief obtained through the use of Viavi would be temporary. He also said that she could never become a mother in her condition.

Refusing the operation, she continued the use of Viavi. She became pregnant and continued its use during her entire pregnancy, and bore a fine, healthy baby. Four years and a half afterwards she wrote, thankful for what she had been able to do through the use of Viavi, and believing that without it she would have been a pitiful nervous wreck, of little help to herself or her family.

A Bitter
Disappointment A woman, in England (2468), wrote that five years previously she had had a very severe illness following inflammation of the womb from which she had suffered for two years. Her physician and specialist advised an immediate curettement. Being assured of health and no return of her trouble, she consented, but was bitterly disappointed, for afterwards she suffered more pain than before. She then began furnishing Viavi to her recuperative power, continuing for a long time, and such improvement followed that her friends scarcely recognized her for the same person. She expresses earnest thankfulness for the benefits she secured.

In health the lining of the womb is thrown off before the menses appear, but Nature prepares the organ for shedding this membrane. But if the lining is thickened and hard, it becomes exceedingly difficult to shed.

A letter from a woman, in Nova Scotia
Two Unsuccessful (742), tells how useless curettement
Curettements was in her case. She suffered for
 years, gradually growing worse, until
 death would have been a welcome relief. She was taken
 to a hospital and curetted by one of the best surgeons
 there. After six weeks she was sent home, and six
 months later had another curettement. Relief followed
 for a few weeks, then she became very ill, having a
 trained nurse and two doctors in attendance nearly
 all summer. Even afterwards she was confined to bed
 one or two weeks at each period, and kept under mor-
 phine all the time. The use of Viavi was suggested,
 but having such good physicians and surgeons, and not
 realizing that the restorative power was in her own
 body, she did not use it. She suffered another attack
 of illness, and had another operation, followed by
 thirteen weeks in bed.

She began furnishing Viavi to her recuperative
 power, and became so much better that she could walk
 or drive on the first day of the period, which was a
 wonderful experience for her. Four years later she
 wrote that she had continued perfectly well, and gives
 the use of Viavi her hearty endorsement.

Recuperative This woman's recuperative power was
Truths able to restore health when furnished
 with a means it could use. It had not
 been able to use the curettements or
 other means which her physicians prescribed. It was
 not Viavi that was being tried, as her physician sug-
 gested, but her recuperative power. Her experience
 proved that her recuperative power could produce
 health when it was furnished a means which it could
 use. It had not done this before because it had not
 been supplied with a means it could use. Restoration
 does not come from someone or some thing outside of
 ourselves, but through the recuperative power within
 us. This is proven by many thousands, who failing to
 restore themselves by other means, did restore them-

selves when they supplied Viavi to their recuperative power.

**Curetting
Impossible**

The experience of another sufferer, in Ontario (935), illustrates these truths. She was placed on the operating table to have the womb curetted and stitched to the abdominal wall. But the specialist, believing she could not live through the ordeal, dismissed her as being incurable. Her heart was in such bad condition that for months she could not lie on her left side. Her kidneys were in a serious condition, her limbs were affected; she had stomach trouble, and was anæmic. She used Viavi persistently until her health was restored. Four years later she wrote that she continued well, doing dressmaking as well as housework.

This illustrates how unnecessary the proposed operations were, and that Nature can restore health when given the right assistance, even though the sufferer may not be strong enough to be operated upon.

**Trouble
Returned**

A woman, in Massachusetts (3785), wrote that she had not been well for twenty years, suffering with profuse menstrual flooding. At one time she flowed steadily for two months, becoming so weak that she had to be carried from her bedroom to the living room each day. She was finally taken to the hospital for curettement. She expected her troubles would be over after this, but in a few weeks the terrible flooding spells started again. Her physician made effort to stop the flow, but without success, and told her that she could not live unless the uterine organs were all removed. As the first operation had been a failure, both husband and wife refused a second.

**The Experience
of Others**

Learning that others had obtained health through the use of Viavi, she began its use. In two weeks her recuperative forces had so far overcome the conditions that the flooding stopped. Her physicians

discovered an ovarian abscess, which the recuperative power eliminated through sores resembling boils, near the ovary. Later, she passed a growth from the womb. She gradually grew stronger until she was so improved that her friends hardly recognized her. Two years later she was in perfect health, weighed 135 pounds, and did all her own housework for three people.

She says that she owes her life to the use of Viavi. A more exact statement would be that she owes her life to the fact that her recuperative power used Viavi, and was enabled to do the repair work necessary to be done. We do not know how the recuperative power uses the food we eat to build the cells of the body, nor do we know the minute processes required to restore health. The recuperative power does, and while these sufferers did not get well when they offered other means to their recuperative power, they did get well when they furnished Viavi to it, as you may, also.

Another sufferer, in Oregon (3155),
Four Curettements wrote that twenty-seven years before
Failed she had overcome painful menstruation, which had caused her limbs to cramp at each period. Between periods there was a weight and bearing down pains through the hips and abdomen. The womb had been dilated and curetted four different times, and more serious operations were advised which she wanted to avoid if possible. What others had accomplished through the use of Viavi suggested a possible way to health without the knife. The results which followed her use of Viavi were splendid. She became entirely well, and for twenty-seven years, at the time she wrote, there had been no return of the trouble.

Another user, in California (2074),
Curettement wrote that she suffered for fifteen
Failed years before learning of, and using Viavi. Beginning with a miscarriage, she had profuse hemorrhages each month, compelling her to lie on her back for several days each period. She

was treated for years by the best physicians at her command, and was finally assured that all she needed to become a well woman was a curettement, to which she consented. The curettement neither checked the flow nor relieved the pain, but added a miserable backache. Another physician insisted upon removing the ovary and also suggested another curettement, but as the first was a disappointment, she declined. After fifteen years of constant suffering and of urgings to have the ovary removed, she consented, but while preparing herself, a friend told her that she had suffered for ten years in a similar way, and had restored her health through the use of Viavi.

This sufferer thereupon began using Viavi, and after a comparatively short time her recuperative forces began eliminating lumps of tissue, about the size of a lemon, daily for thirteen days. Each elimination was accompanied with regular labor-like pains, and it proved to be parts of a fibroid tumor. She improved, gradually, gained in weight, the flowing ceased, there was no more pain, and she felt perfectly well.

Does Not Remove Cause Besides the dangers accompanying curetting, is the patent fact that it does not remove the cause. Instead of toning and strengthening, it irritates. It does not help Nature to do the restorative things that she would do if given the assistance she demands. The purpose in using Viavi is to give Nature just that assistance.

We have space for only a few of the letters we have received from women who suffered from conditions for which curettement was advised or performed, but who restored themselves through the use of Viavi. But we shall be glad to send you these and others if you are interested or desire them. Address any Viavi office.

CHAPTER XXVIII

SOMETHING ABOUT INFLAMMATION AND ENLARGEMENT OF THE WOMB

INFLAMMATION of the womb (metritis) may be either acute or chronic. Acute inflammation is that of recent occurrence; chronic inflammation is that which has become established. While in acute stages Nature protests in her language of pain, in chronic conditions she gradually accustoms herself to those abnormalities which she cannot overcome. That is why such acute pain may not continue: yet the exhaustion of nervous vitality goes on.

General Causes of Metritis

Inflammation of the womb follows congestion, general causes of which are discussed in the chapter on Inflammation and Congestion, which please re-read. The extreme sensitiveness of the uterine nerves to abnormal conditions of the system, such as impaired nutrition, overwrought nerves, unwise living, excesses, improper food, insufficient rest, sleep and exercise, seems to invite the localization of congestion within the uterine organs. When the nervous vitality is lowered, the nerve control of the arteries is diminished, permitting congestion in the uterine organs. To overcome the conditions resulting from this congestion the cause must be removed and the nervous system built up by furnishing the recuperative power the means which it can use to do so.

Inflammation of the Womb

A woman, writing from Illinois (4501), emphasized the effect of inflammation of the womb upon the nervous system, and other organs, and functions. She suffered from inflammation, congestion, and enlarge-

ment of the womb and ovaries, leucorrhea, constipation, and extreme nervousness, crying at the slightest provocation. It can be easily understood why she should be so nervous and suffer with remote conditions, following the inflammation of the womb. An inflamed finger for instance, may not only involve the whole hand, but the arm as well. Uterine and abdominal inflammation spreads to the adjoining ovaries and other tissues. The lowered nervous vitality, diminished nerve control of the arteries, irritation of the nerve centers, affect the nerve centers in the spine, causing backache, and the part of the brain governing the uterine organs, causing headaches.

This sufferer was led to see what others had accomplished through the use of Viavi, and she began its use. She was much discouraged because she did not get well as fast as she thought she should. Indeed, for a time she seemed to suffer more pain than before. The beginnings of restoration often affect the whole body and may seem to add to the disturbed function. Realizing how much the recuperative forces had to do, this woman persevered in the use of Viavi, and became a well woman, able to enjoy health, and appreciate her family and her friends.

**Inflammation,
Displacement**

A woman, in the State of Washington (4161), wrote that she suffered with a congested and inflamed womb. She could not stand upright, nor would the womb stay in place. The least work or misstep would cause it to fall backward upon the rectum, and it had been in this condition ever since her child,—then 11 years old, was born. Her physician had said that she would never be well until operated upon. Learning what others had been able to do through the use of Viavi, she determined to furnish Viavi to her recuperative power. The congestion and inflammation were overcome, and with them the displacement; the adhesions were entirely absorbed, and she feels that she was saved from the knife.

**Laceration,
Inflammation** Another woman, in Kansas (3794), wrote that she suffered with an external and internal laceration following childbirth. The womb and left ovary were inflamed, and the womb was enlarged and out of place. The external laceration had been repaired, but the stitches did not hold. She became very nervous, and suffered intense pain. Having been treated by six physicians, without any relief, she was in despair. Learning of Viavi from friends who had restored themselves through its use, she supplied it to her recuperative power. The inflammation was reduced, the enlargement decreased, and the womb was gradually lifted into its proper position. Her physician's examination revealed the improved conditions to be just as she had felt them. She is grateful for what she has been able to accomplish through the use of Viavi.

**Is a New
Woman** A woman, in South Africa (2535), writes that she suffered for years from inflammation and ulceration of the womb, accompanied by that life draining complaint, leucorrhea. Medical aid gave her only temporary relief. Learning of Viavi, she furnished it to her recuperative forces and at the end of a year, was, as she expressed it, "a new woman."

**Some of the
Names Given** Inflammation of the womb is called metritis. Endometritis is inflammation of the lining within the womb, perimetritis is inflammation of the outer covering of the womb, cervicitis is inflammation of the cervix, endocervicitis is inflammation of the lining of the cervix.

**Local
Causes** Aside from the general causes which produce inflammation of the womb, there are many of a local character. Among these are non-development; a sudden suppression of the menses; injury from the use of the sound, the curette, pessary, tents and medica-

tions; inflammations following delivery (generally associated with blood poisoning—septicemia); laceration; displacement; abortion; surgical operations; miscarriage and excesses.

**Physical
Symptoms**

Because inflammation follows congestion of blood, enlargement of the womb always occurs when it is inflamed. Enlargement causes displacement; hence the symptoms peculiar to the displacement, backward, forward, or downward; pain in the back; a sense of weight and bearing down in the pelvis, increased when standing; pain in the uterine region when sitting; leucorrhea; menstrual anomalies, aggravated during the periods; heat with a burning sensation of the cervix and vagina; pain and lameness in the lower extremities; and when complicated with inflammation of the tubes, ovaries and surrounding tissues, the whole body from the waist to the feet is hardly free from pain.

**Mental
Symptoms**

Mental symptoms also arise, such as forgetfulness, crying spells, peevishness, despondency, melancholia, mental derangement, sleeplessness, intense headaches on the top and at the base of the brain, backache, and peculiar pains between the shoulders, with rubber-like pains in the spine, and tenderness in the breasts. By overcoming congestion and inflammation in the pelvic region, all distressing symptoms, even in remote parts of the body, disappear.

**Inflammation,
Growths**

A woman, in Georgia (4499), was lacerated at childbirth, and for thirty-five years suffered from ovarian congestion and ulceration of the womb. For five months she visited a hospital daily for treatment. Later, while in the hospital for three months, not expected to live, she was urged to have an ovary removed, the doctor believing it caused her trouble. A growth in the rectum formed, said to be from the

constant pressure of packing placed to keep the womb in position, from which a daily hemorrhage developed. Instead of submitting to the proposed operation, she began the use of Viavi, and five years later wrote that the growth had steadily diminished, the hemorrhage ceased, and at seventy-five years of age she was well, active, and felt that she owed her life and health to the use of Viavi.

**Appalling
Revelations**

As one reviews the thousands of letters from sufferers from very many different conditions one is appalled at the seeming lack of professional resources to meet these conditions, because usually, an operation is offered as the only hope. Yet, many of those who submit are not only not restored, but made worse! Many, refusing to submit, have supplied Viavi to their recuperative power and have become gloriously well. Many of those made worse by operations, by supplying Viavi to their recuperative power, have overcome both the suffering for which the operation was undertaken and the results from the operation.

**Uterine
Inflammation**

For instance, a woman in Canada, (1045), wrote that her condition was diagnosed by physicians as inflammation of the womb, ovaries and Fallopian tubes, causing severe pain in the right side. The right ovary was removed, thinking that would relieve her; but she grew worse. Another operation was proposed, but although she suffered almost constantly, she would not consent. She had been in a hospital three times, in a private home for three months, and in bed for ten weeks. Her experiences led her to believe that she would not get well by the means she was using, so she furnished Viavi to her recuperative power for nearly a year and a half, and regained her health. She wrote two years later that she had not, since then, been sick in bed a single day.

**Severe
Metritis**

A woman, in Pennsylvania (4510), wrote that at twenty years of age she was thrown from a wagon, which caused weakness, displacement of the womb, and severe chronic inflammation. Her father spared no expense, and a number of physicians were employed in succession. An operation was performed, in which the neck of the womb was amputated, which she believes was most cruel as it rendered her unable to carry a child the full term. Although treated constantly, she collapsed at the age of forty-six during the change of life. She could not see any one nor even bear the slightest noise. The house was hushed because of the terrible mental strain. She could not eat the most simple diet without severe distress, and was nearly starved.

**Viavi or
An Operation**

Her physician discovered a good sized fibroid tumor which pressed upon the bladder, causing intense inflammation with frequent urination. Having seen results following the use of Viavi, he advised that she either have another operation or use Viavi; but favored the operation. She would consent to neither, and became so helpless that she could not feed herself nor be on her feet for nine months. Her husband then insisted that she use Viavi, and in a few weeks she was much gratified and surprised to realize that the bladder was some better. After five months' use of Viavi she was able to sit up a little and feed herself. After seven months she was able to stand alone and take a few steps with help. In one year she could get up from a chair, walk and sit down alone, and in three years she was able to do her housework, including washing and ironing, and often walked a mile to church.

After thirty years of suffering she became thoroughly well, and believes her life was saved through the use of Viavi. Writing three years later she says, "My old troubles have never returned. I am still walking a mile to church, doing all of my housework, washing

and ironing included.” What would it not have meant had she been led to use Viavi twenty-five years earlier? What may it not mean to you to use Viavi now?

**Gave Up all
Hope**

A husband, in Nova Scotia (643), wrote that his wife suffered very severely with inflammation of the womb and left ovary, and prolapsus. She gradually declined, until her physicians gave up all hope of recovery. The husband, learning of Viavi, investigated the results obtained, and began furnishing it to his wife’s recuperative power. There had not been a natural bowel movement for several weeks without extreme pain. Soon, the recuperative power began eliminating large amounts of corruption. Afterwards, the bowels moved regularly, but each movement was composed largely of poisonous matter. The medical men told the husband that had this condition continued longer, blood poisoning would have set in. Improvement continued, and at Christmas the sufferer was able to sit up and joyfully cast her eyes over the numerous presents sent her.

Her recovery, with some setbacks, continued, and the following September she weighed eight pounds more than she did before taken ill, and was entirely well in every particular. Writing four years later, the husband says: “You will be glad to know that the restoration seems permanent. She is stronger and weighs more than she has since she was a girl.”

ENLARGEMENT OF THE WOMB

The Chapter on the Reproductive Organs of Women explains why congestion and inflammation of the womb causes its enlargement. The blood vessels of the womb are exceedingly tortuous, or kinky, resembling a strand of wool which has been knitted and unraveled. This wise provision prevents their rupture from the enormous stretching during pregnancy. Like blood vessels throughout the entire body, they have their particular

nerve centers and nerves whose function it is to maintain the tonicity of the vessels. When the nerves lose their tone they cannot perform this function, and the walls of the blood vessels become relaxed, rendering them distensible. Congestion in so large a number increases the size of the womb. Congestion tends to produce inflammation, and later, ulceration. Restoration of nerve control of the circulation and blood supply to the tissues is necessary to remove congestion and enlargement.

**Causes of
Enlargement**

The causes of enlargement are, inflammation of the womb and ovaries, adhesions, laceration, curetting, adhered placenta at childbirth, subinvolution or failure of the womb to return to its natural size after childbirth, tumors, and other abnormal growths, menstrual abnormalities, and diminished nervous vitality from various causes. The enlargement may not be uniform; one part of the womb may be much more enlarged than another. The womb may be large and soft, or large, hard and sensitive to touch, or it may be devoid of sensation.

**Effects of
Enlargement**

Enlargement causes much distress by pressure upon surrounding parts, placing a greater strain upon the ligaments. In health, the ligaments are elastic; under undue strain from the increased weight of the enlarged womb they bear up as long as possible, but eventually stretch and give way, allowing the womb to fall out of position.

**Enlargement
and Pregnancy**

The pelvic cavity is small, and the uterine organs are snugly packed within it, each designed to occupy a certain amount of room. Unnatural enlargement of any one distresses all the others, and interferes with their function. In pregnancy the womb rises out of the true pelvis into the false, as it enlarges, and does not interfere; but an enlarged womb or a

tumor of the same size as the pregnant womb, being unnatural, interferes with every vital organ. No provision is made for lifting the womb upward when it becomes enlarged from disease. Its increased weight tends to drag it downward, stretching and weakening the supporting ligaments, with the almost inevitable result of misplacement.

Shortening Ligaments Operations to shorten the ligaments neither reduce the enlargement nor strengthen the ligaments. But when the causes of the congestion and inflammation can be overcome, the womb returns to its normal size and weight, the ligaments regain their tone and elasticity, and are then able to lift the womb into its natural position and maintain it there.

Womb Very Heavy A woman, in Kansas (3927), wrote that she suffered for years from prolapsus, inflammation and ulceration of the womb; and inflammation is invariably accompanied with some degree of enlargement. The womb was so heavy it would protrude from the body, and she was not able to be on her feet. She had been treated, but obtained no relief, and was about to give up in despair when she learned of Viavi and began its use. Her health was entirely restored, and at sixty-eight years she wrote that she had had no return of these troubles, was in the best of health, doing all her own housework and helping her daughter too.

Steps in Her Restoration The womb had become inflamed because a lowered nervous vitality had diminished the nerve control of the arteries, permitting congestion of the blood, and enlargement of the womb. The ligaments became weak and stretched, allowing the womb to fall downward. When her recuperative power was furnished with a means it could use, it aroused the nervous vitality, increased the circulation, removed congestion, returned the womb to its normal size and weight, and the

ligaments, regaining their elasticity, were able to lift the womb back into position, thus removing the cause of pain and suffering.

A woman, in England (2465), wrote that she suffered from painful menstruation and enlargement of the womb and was led by a friend to furnish Viavi to her recuperative power. As a result she was able to write that she was in very good health, better than she had been for several years.

Subinvolution and Enlargement Chronic enlargement of the womb is frequently due to subinvolution, a failure of the womb to return to its natural size after childbirth, abortion or miscarriage. Return of the womb to its natural size after childbirth is not completed even under the most favorable circumstances, in less than forty-five days, and many things may occur to delay the process. Mental shocks, suppression of milk through its non-use, laceration, retention of pieces of the placenta, and commonest of all, leaving the bed too soon, interferes with normal involution. Subinvolution almost invariably follows childbirth when conception has taken place with the womb in unhealthy condition. It frequently follows neglect after an abortion or a miscarriage. Women of all classes overlook the fact that these abnormal events are more serious than normal labor. Repetitions of subinvolution gradually leave the uterus larger than it should be, and usually, with a copious leucorrheal discharge. Lacerations, wearing steadily on the nervous vitality, are a frequent cause of enlargement.

Scarcely Able to Walk A woman, in Utah (2314), suffered severely after the birth of her baby. The womb was enlarged and inflamed, and pressed on the bladder which caused pain and annoyance because the urine dripped all the time. She menstruated nearly eighteen months until she was very weak, and scarcely able to walk. An

operation was advised as the only hope; but this she was anxious to avoid. A friend led her to realize what other sufferers had accomplished through the use of Viavi, and she began its use. She felt worse for a few weeks, then improvement began and continued steadily until she was in perfect health. She was able to enjoy life, do her housework, gained forty-five pounds, and wrote some years later that her good health continued.

Enlargement and Hemorrhages A woman, in Ireland (2514), wrote that she suffered from enlargement and inflammation of the womb, accompanied by severe and continuous hemorrhages, finally going to the hospital for treatment, but grew worse. While she was in the hospital, her husband learned of Viavi, and upon his wife's return supplied it to her recuperative power. At first the discharge and hemorrhages seemed to increase, and the sufferer felt it would be wise to have an examination by her doctor. He reported that he had never found her so well before; there were only a few small polypi left, and the large growth which had given much anxiety, was shriveling up. With this encouragement she used Viavi in larger quantities and more confidently than before. She wrote later that she had passed through the change of life and her health was established, although she had never expected to be so well.

Chronic Enlargement In chronic enlargement every menstrual period becomes almost a menace to life. If the hand, foot, or any visible part of the body remained abnormally enlarged for several years, would not its functions become impaired, making it a burden? So it is with the enlarged and heavy uterus, and much more so, because it cannot be put to rest as some members of the body, for it has a monthly function to perform which is of vital necessity to health.

In chronic inflammation the womb remains large and hard, often tender to the touch. Enlargement and

tenderness of the ovaries will generally be found present because of the close sympathy existing between these organs.

**Overcome the
Cause**

As the cause of chronic enlargement and inflammation of the womb is the same, Nature must be assisted in the same way—that is, the recuperative power must be furnished with a means it can use to overcome the cause, and these letters from sufferers tell you how they have succeeded in doing this.

We have space for only a few of the letters we have received from women who suffered from congestion, inflammation and enlargement of the womb and their consequences, and restored themselves through the use of Viavi. But we shall be glad to send you these and others if you are interested or desire them. Address any Viavi office.

CHAPTER XXIX

SOMETHING ABOUT DISPLACEMENTS OF THE WOMB

MOST women suffer at some time from displacement of the womb. A displacement other than from an accident or injury indicates a lowering of nervous vitality with a consequent derangement of the blood supply. If these conditions are from some temporary stress, or over-exertion, the resilience of the body usually overcomes them quickly. When the cause is constant, the displacement is almost certain to become chronic, and the results far-reaching. This is in part due to the position, structure, and relation of the womb to other uterine organs. The pelvic cavity is small but so wonderfully are the organs adapted and adjusted in relation to each other that only accident or ill health causes misplacement.

Natural Movements

The womb is suspended or swung in muscular ligaments and hence has much freedom of movement. It is deemed displaced when put out of position by abnormal conditions within itself or the surrounding organs or tissues. The natural pushing of the womb backward as the bladder fills, or forward as the rectum fills, are natural movements, as are those occurring in walking and in deep breathing. These changes of position are beneficial both to the womb and the ligaments supporting it, giving them wholesome exercise. In displacement these natural movements can no longer take place and the circulation is impeded. This congestion of blood makes the womb larger and heavier, causing it to fall more and more out of place.

**Position of Pelvic
Organs**

The womb is connected with the outside of the body by the muscular tube, the vagina, which is attached to the neck of the womb at the upper end, and, when healthy, affords the womb considerable support. The bladder is in front, and the rectum passes from the left downward behind the womb. The broad ligaments, formed out of the peritoneum, leaving the front surface of the spine, hold the womb and ovaries as in a swing, and pass upward, forming the lining of the abdominal walls.

**Cell
Construction**

The ligaments which support and hold the womb are composed of millions of microscopic cells. Each one is an individual being with the ability to do certain work. They receive vitality from the blood; therefore, the blood, carrying nourishment, must flow freely to, and, laden with waste, from, these cells. The circulation of the blood is under the direction of certain nerve centers which in turn, are nourished by the blood which the vessels carry to them. Thus, one can understand why the womb falls out of place when the cells composing these ligaments become weak and elongated; how it is lifted into place by these wonderful cells when they are restored to tone and elasticity, as is told later.

**Weakened
Ligaments**

Anything that weakens these ligaments or lowers their tone, as overwork, general debility, frequent pregnancies, indigestion, falls, or menstrual derangements, may bring about displacement. When the cells composing these ligaments lose their tone, strength, and elasticity, the womb, being congested, inflamed, and heavy, almost invariably falls backward, downward, or forward, out of place. When Nature is assisted to restore the elasticity of the cells in these ligaments, they gradually lift the displaced womb into position without the aid of mechanical appliances.

**The Wonderful
Cell**

The largest man you ever saw was once a single cell so small that it would take a microscope to see it. His whole body now is but an aggregation of groups or communities of these cells. He builds houses, railroads, ships, and lifts heavy weights, but it is these microscopic cells which do all these things. The smallest plant, and the most gigantic tree, are composed of cells. A simple illustration of the combined strength of these cells is afforded by that humble household appliance, the clothes line. When it becomes dry it sags, and the clothes touch the ground; but getting wet from the rain makes it taut and straight. We say it "shrinks," but what really takes place is this: Each minute cell in each fibre shortens a little as it becomes wet. This shortens the line, and enough power is exerted to lift the weight of the line and the wet, heavy clothes which are upon it.

**Its Dynamic
Power**

Then again, is the common experience of splitting rocks by wetting wooden pegs. Holes are drilled in the rock along the line at which the fracture is desired, and pegs of wood are driven tightly into the holes. The pegs are soaked with water, and each cell composing them expands a little, and sufficient power is exerted to split the rock. In the same way the cells in the ligaments, having lost their tone and elasticity, become stretched or elongated. Regaining their tone and elasticity, the cells become shorter and rounder, and lift the womb into position. As congestion is removed, the womb also becomes less in size and lighter in weight making it easier for the ligaments to lift and hold it in place.

That is Nature's way of restoring the womb to its normal size and weight and lifting it into position. Many sufferers, by supplying Viavi to their recuperative power, have given the assistance Nature needed, and thus have overcome displacements.

**Displacement
Twenty Years**

For example, a woman, in Spain (2511), wrote that she suffered for twenty years, following a fall. An examination disclosed a backward displacement of the womb, and an operation was advised which she declined. Six years later, still suffering, she went under treatment of an eminent Glasgow physician, for a year or more. She was kept in bed for three months, and was twenty-four days on her back without getting up or even turning in bed. She afterwards wore a support several months; but all to no avail. Learning of Viavi through a friend in Switzerland, she later began its use.

Although she continued to suffer, she persevered in its use. A year later an examination was made by the Glasgow physician who had previously treated her, and he was surprised to find her so much improved. He said the congestion was all gone, the womb reduced to its normal size, but still somewhat out of place. She continued using Viavi and three years later when pregnant, was again examined by her Glasgow physician who found the womb in place and in perfect condition, but was surprised that she was pregnant as he had told her she could never have children. She had a comfortable pregnancy and a safe delivery. The child was a strong, healthy boy, seven months old at the time she wrote. She closed her letter by saying: "Twenty years of suffering with retroversion of the womb, ten years married and having a lovely boy at the age of forty-two years is a result one does not hear of every day."

ANTEVERSION AND ANTEFLEXION

In anteversion, the womb as a whole, falls forward out of position; in anteflexion the womb bends forward upon itself much like a half closed jack-knife. In either condition the womb rests more or less upon the bladder, lessening its capacity, and the sufferer is forced to

urinate frequently. If the displacement is permitted to continue, cystitis, or an inflamed condition of the bladder results. (See Chapter on Bladder and Urethra.)

Effects Upon the Bladder If anteversion or anteflexion continues, the sphincter muscles that control the flow of urine may lose their function through constant irritation,

causing incontinence of urine. Frequently, there is constant dribbling, and voiding the urine does not relieve the desire to urinate. Inflammation of the bladder in time involves the ureters, the tubes which convey the urine from the kidneys to the bladder, along which inflammation may extend to the kidneys, producing serious diseases. Inflammation of the bladder often extends to the urethra, the duct that conveys the urine from the bladder, producing urethritis.

Other symptoms of anteversion are backache, distress in walking, nervousness, painful, clotted menstruation, leucorrhea, sterility, and a heavy bearing-down pain in the pelvis.

When the womb is inflamed, enlarged, and displaced forward, effort should be made to assist Nature to remove the cause of its congestion and inflammation, and thus restore it to its normal size and weight. The following letters illustrate how sufferers have done this.

Forward Displacement A woman, in Idaho (2278), wrote how wonderfully she had restored herself from this distressing condition, anteversion, through the use of Viavi. She

had suffered chiefly with forward displacement of the womb since she was a girl of twenty. The womb rested upon the bladder, causing much suffering. This can be more easily understood when the position of the bladder is visualized. It lies just forward of, and under the womb, and when empty, folds upon itself like an empty purse, as urine accumulates in it, it fills out, inflates, and the weight of the anteverted womb has to be lifted up. Hence, the frequent urination, or the con-

stant dripping of the urine with its attendant irritation of the skin and the foul odor which clings to the body and clothes. The knowledge of this odor by the sufferer makes her nervous and self conscious, and keeps her "shut-in," as she will not go among others. With these local symptoms there is usually headache on top of the head, in the temples, and at the back of the head, all of which were present in the case of this sufferer. She treated with many physicians without benefit, and was finally led to use Viavi and became entirely well; and writing fourteen years later she said that her good health continued.

Her Feet A sufferer, in Colorado (713), wrote:
Affected "For years I suffered with severe

bladder trouble following anteversion, but thought little of that in comparison to what I suffered with my feet. I treated for broken down arches, used everything I could hear of to relieve the pain in my feet, but nothing did much good. At times water would ooze from my heels until the counters of my shoes were wet, and walking was torture. One day I heard a Viavi health talk and learned how one could suffer from pains in the limbs and feet as the result of displacement, and was thus led to use Viavi. Adhesions had formed which were hard to overcome. I began to improve slowly, and now walk any distance, unconscious that I have feet, while before using Viavi my one cry was, 'Oh, my feet.' As the adhesions were absorbed and the womb lifted into position, the bladder trouble disappeared, and I became perfectly well."

Bedridden for A woman, in Texas (1218), wrote that
Fifteen Year she was confined to her bed for fifteen
years following childbirth, suffering
torture from pressure of the womb
upon the bladder. Although treated by many splendid
physicians, they gave no hope of restoration except by
removing the womb, ovaries, and Fallopian tubes, and
she finally consented to be operated upon. But as she be-

came worse, the operation could not be performed. Because of what others had accomplished through the use of Viavi she decided to furnish it to her recuperative power. For several days, she felt worse; the inflammation seemed to increase; the hemorrhages were more profuse. But gradually, the inflammation in the ovaries and bladder subsided, the hemorrhages ceased, the pain lessened and she felt more like living. She became able to do her own housework, run the sewing machine, and gained fifteen pounds in weight. Fourteen years later, she wrote, "I am thankful to say I have never been bothered with any of my old troubles. So you can see I am a well woman still."

**Hope Had Been
Abandoned** A particularly interesting incident occurred in the experience of a sufferer who lived in Oregon (2794).

Motherhood was advised as a relief for her trouble, but although she bore two girls, her sufferings were increased. The womb tipped forward and pressed upon the bladder, causing intense pain and frequent urination. The right ovary was inflamed and congested, and she became very nervous. As inflammation in one organ generally affects the adjacent organs or tissues, inflammation in the right ovary was followed by a cystic condition. (See chapter about Tumors.) Three physicians advised that she could not live through an operation because of the condition of her heart. In fact, the husband was told she could not live forty-eight hours, and her little girls were brought to her bedside to say good-bye.

Just at this time her sister arrived and told of others who had restored themselves through the use of Viavi; and though the sufferer was not expected to live forty-eight hours, and the manager from whom the husband purchased Viavi, feared her condition was hopeless, the use of Viavi was begun. We do not always realize the resources which the recuperative power has at its command and direction to use in restoration. The writer, one of the founders of Viavi, has known many such

incidents where the conditions seemed to leave no hope, yet the recuperative power which has at its command and direction the processes of which we know little, brought about restoration when furnished with a means which it could use.

The doctor was surprised to see this sufferer alive on the third day, and advised nourishing food that she might gain strength for the operation which he thought necessary. Ten days later he stopped calling, saying she could soon stand the operation. The cyst upon the ovary broke and the contents passed through the Fallopian tubes into the womb and out through the vagina. She began to improve and health gradually returned. Fifteen years later she wrote that her excellent health had continued.

**Suffered
Seven Years**

Another sufferer, in Canada (2388), wrote that she had suffered for seven years with falling of the womb and inflammation of the bladder, and had given up hope of ever becoming well. But by furnishing Viavi to her recuperative power faithfully, she became well, strong, and able to enjoy life.

**Instruments
Failed**

A woman, in England (2457), wrote that she suffered with inflammation of the uterine organs following displacement, and for five years wore instruments to hold the womb in place. She was led to furnish Viavi to her recuperative power and regained her health. Eight years later she wrote telling how well she was, the satisfaction she felt in not being obliged to wear those torturing instruments. Only those who have worn such supports can fully appreciate what such relief means.

**Anteversion,
Leucorrhea**

A woman, in Pennsylvania (4522), wrote that she suffered with anteversion, leucorrhea, and painful menstruation. Although she knew something of what others had accomplished through the use of Viavi, it was a long time before she decided to use

it. Eventually she began its use, and is glad that she did. It was months before she could notice improvement, but she continued its use for two years, became entirely well, and later gave birth to an eleven pound baby boy. Thirteen years later she wrote. "I have remained well."

From Failure to Success When you read the letters from the many who have suffered, telling of the things done in the effort to regain health, the treatments endured, the medicines taken, the operations undergone, and the sad failures experienced, then you will realize with how little confidence such sufferers often begin the use of Viavi. As you read you will notice how hope grows with each little sign of improvement, and how that hope wavers when the process of recuperation is so slow that sometimes weeks or months pass before signs of improvement are seen. Yet it cannot be known in advance how much repair work is to be done within the body before improvement begins to show in lessened pain, better sleep, more energy. As the process of restoration goes on it manifests itself in improved appearance. The face loses its imprint of pain and takes on the stamp of health and happiness. Finally comes the realization of complete health throughout the whole being, and the joy of living as experienced before the suffering began.

RETROVERSION AND RETROFLEXION

Retroversion is a tipping backward of the womb as a whole. Retroflexion is the bending back of the womb upon itself like a shutting jack-knife. A congested, enlarged, heavy, back-tilted womb rests upon the rectum, causing the fecal matter to gather in a mass above the point of pressure. The feces dry and harden, and some of their deleterious elements are absorbed into the circulation and carried to all parts of the body. The packed feces injure the lower part of the rectum

and the anus, and by their hardness and severe pressure interfere with the circulation in the rectum, often giving rise to fistula, hemorrhage, inflammation, and ulceration of the rectum with the various forms of tumors or piles which so often accompany this condition in women. (See chapter on the Bowels.)

**Injurious
Effects**

The injurious effects of retroversion are not confined to the rectum, as the organs in this region are attached, so that a backward falling of the womb makes traction on the bladder, which, in turn, affects the urethra.

**Reflex
Symptoms**

A large number of nerves are located in the part of the pelvic cavity where the top of the retroverted womb may rest. Hence, the most prominent symptoms of retroversion are backaches with an opening and shutting sensation; a pressing down sensation in the pelvis which greatly interferes with walking; pains run down the front of the thighs; an irritable spine, and a burning sensation on the top of the head. There may be melancholia and hysteria, with a fear of insanity; loss of memory, impaired eyesight, palpitation of the heart, and stomach troubles.

From poor drainage the lining membrane of the womb becomes inflamed, in time involving the whole womb. There is often erosion of the cervix, and leucorrhea. The altered position is such that the circulation is impeded in the womb and ovaries and also in the broad ligaments, causing congestion, inflammation, and adhesions.

**Restored
Herself**

Many women suffering from retroversion have supplied Viavi to their recuperative power, and restored themselves to health, as you may do. To illustrate, a woman, in Ohio (1876), had retroversion, ovarian trouble, leucorrhœa, and nervousness in severe forms. She was treated by eight physicians, but grew

worse, and feared that she was going insane. She supplied Viavi to her recuperative power for fifteen months, and wrote, "I am a well woman, and since I have used Viavi I think life is worth living, which I did not think before, as I had often wished to die." Eleven years later she wrote of her continued joy and satisfaction in her good health.

**Grateful for
Restoration**

A woman, in London (2467), because of her experience, wishes that every suffering woman might use Viavi. She had neuralgia, indigestion, wore a pessary for many years because of her displacements, and had had two operations without benefit, though assured before each that she would be well and strong afterwards. Since using Viavi, she enjoys life, needs no pessary, and is grateful for her restoration.

**Retroversion,
Nervous Wreck**

Another sufferer, in Canada (1046), wrote that she was a wreck from nervous prostration following retroversion. She also had ulceration of the stomach and constipation, which conditions often follow retroversion because of the pressure upon, and irritation of, the rectum. An operation was advised, to which she would not consent. Discouraged and hopeless, she began the use of Viavi, continuing faithfully for two years until she became well. She used it again during a later pregnancy, had a short and easy confinement, giving birth to a healthy baby. When the baby was three years old she wrote that her good health had continued.

**Suffered
for Years**

A teacher, in Oregon (2779), wrote of her experience with the use of Viavi, in the hope of helping sufferers discouraged because the progress of restoration seems slow. She suffered from retroversion, adhesions, and constipation. During her early menstrual periods she usually spent every fourth week in bed. When teaching, she remained at home

every month from one to three days, suffering agony with backache, headache, and nervousness. During all these years she continuously received the best treatment available, but steadily grew worse.

She began using Viavi, but improvement was slow and discouraging, because, her responsibilities being heavy, she overworked, and did not give her recuperative power the help it needed. However, she slowly grew stronger, less nervous, and in time eliminated a tumorous growth. She became entirely well, joyfully able to be what she wished—of some service in the world. She urges sufferers to try to realize the changes their recuperative power has to make to restore health, and not to become discouraged and give up; for by being patient and persevering they may secure splendid results.

In Bed Most of the Time A user, in Missouri (3720), wrote that when a girl she fell upon the end of her spine. She suffered intensely, but was too modest to go to a physician, and continued to suffer for ten years. She finally consented to be examined, and the doctor discovered that the womb was retroverted, which caused the pulling down feeling and cramping of the legs. She was unable to stand long enough to comb her hair, and was in bed most of the time. She was examined by different physicians, but all advised an operation, to which she objected.

Knowing of others who had regained their health through the use of Viavi, she decided to furnish it to her recuperative power. After a number of months she was able to resume her music teaching, finally overcoming all her distressing symptoms.

Rectal Ulcer A woman, in Kansas (3646), wrote that for three years she had retroversion so badly that an ulcer formed in the rectum as large as a dollar. She had backache, severe headache, was very nervous,

had serious kidney trouble, and leucorrhea in its worst form. At times, although conscious, she was powerless to move. Her physicians believed an operation was imperative; but instead, she supplied Viavi to her recuperative power for a year, and wrote: "All my troubles are on the records of the past." She and her husband feel that they have gotten splendid returns for the money spent for Viavi.

**A Gloomy
Outlook**

A woman, in Pennsylvania (3433), wrote that about eighteen years before she had a miscarriage following a fall. The womb tipped against the rectum, the ligaments became weak and stretched, and backache, headache, and nervousness followed. She had painful menstruation, but because she had always suffered at her periods, she thought it natural. After a consultation she was informed that unless an operation was performed, she had many years of suffering before her. She delayed the operation and took local treatments for almost a year, but the ligaments were not strengthened nor the womb lifted into position, and an operation was still the only hope offered.

**A Happy
Experience**

Learning how the daughter of a former Sunday School teacher had regained health through the use of Viavi, she began its use; and in a short time the headaches disappeared, the pain in the back grew less, and in a few months menstruation was normal. Eventually, the congestion of the womb was overcome, its size and weight lessened, and the ligaments supporting it became stronger so that they lifted the womb into its proper position. Thousands of sufferers have been told that the womb can not be lifted into position in this natural way, and that an operation is the only means of doing it. Yet many such sufferers have experienced the restoration of the womb to position without an operation, in this perfectly natural way. This sufferer wrote: "My gratitude for

what I have been able to accomplish through the use of Viavi has prompted me to lead many other sufferers into this way to health. I love the very word Viavi because such wonderful things have come to me and my family through its use."

Twenty-five Years of Good Health A sufferer, in Illinois (4372), writes of suffering with inflammation throughout the pelvic region. At first the womb tipped backward, pressing upon the rectum; then it gradually fell downward, pressing upon both bladder and rectum, causing intense suffering with the bladder. There was a constant desire to urinate, followed by a burning sensation. The bowels seemed almost paralyzed. These conditions were followed by extreme nervousness, constant backache, and with such intense suffering that this user hopes no other woman will be called upon to suffer such torture as she endured.

The only hope for relief offered was an operation for the shortening of the ligaments, which operation the sufferer refused. At this time she attended a Viavi talk and there learned what other sufferers had been able to do when they furnished Viavi to their recuperative power. This way of getting well seemed so reasonable that this sufferer decided to make a conscious effort, and began furnishing Viavi to her recuperative power. To restore her health there was so much for the recuperative power to do that she suffered ever so much worse until the recuperative power began a process of elimination during which was passed quantities of mucus from the bowels, bladder and vagina, also some tumorous growths which she did not know existed, following which there was splendid relief.

She continued furnishing Viavi persistently to her recuperative power until she became a well woman, and for twenty-five years has remained well, which is proof of the permanency of her restoration. Her letter was written as a token of gratitude and with the hope that it might be the means of helping some other sufferer.

**Operation
Suggested**

A woman, in Canada (1096), wrote that she had suffered with ovarian trouble and painful menstruation for some years. She was thrown from a street car, landing on her back, causing both retroversion and prolapsus of the womb. She suffered intensely with backache and violent headaches at the base of the brain and on top of the head, and was unable to eat solid food for weeks. Menstruation ceased, she became nervous, and very much discouraged. Although her splendid physician did all that he could, she did not improve, and was finally sent for a rest, with the suggestion that if she did not improve, there was nothing left but an operation.

**A Significant
Suggestion**

Is not the frequent suggestion of an operation as the only hope for restoration significant? The removal of an organ is not restorative; it is only an expedient. It does not remove the cause of the conditions suffered. It does not restore the organ to health and normal function. Are bodily tissues which will renew themselves in Nature's way, to be removed, no matter what harm may be done?

This sufferer learned of others who had been advised that an operation was necessary, but through the use of Viavi, their recuperative power had restored diseased organs to health and normal function. This appealed so much to her that she furnished Viavi to her recuperative power. Although she had been able to sleep only four or five hours out of the twenty-four, she soon began to sleep better, and was more rested in the morning. The recuperative power eliminated impurities from her body, and while that was not always done without pain, she was never discouraged, believing that her recuperative power knew what was to be done and would do it when it was furnished with the means, as she believed Viavi was, which it could use. In a few months she was able to walk ten miles in one day without injury to herself. She feels she cannot be

sufficiently thankful for the health which was restored to her through the use of Viavi.

**From Pain to
Rest**

A woman, in Arkansas (3776), wrote that she suffered very badly with retroversion and extreme nervousness for years. She was attacked suddenly with sharp excruciating pains in the region of the rectum, due to a fistula which had formed, and she lay in anguish for days. The fistula was opened and drained, causing excruciating suffering. In spite of the hypodermics, she was distracted with increasing misery, and insisted upon being taken home. She was led to use Viavi, but as another operation was proposed, her husband suggested that its use be deferred until after the operation. The sufferer felt so strongly that she could not live through another operation, that the husband decided it would be better to postpone it and use Viavi. The packing was removed from the fistula and Viavi used instead. The sufferer says the relief was remarkable, and for the first time in weeks she enjoyed a satisfying rest.

Furnishing Viavi to her recuperative power in as large amounts as it could use, she made rapid progress, and a year later was entirely well. Four years afterwards she wrote there had been no return of the trouble and that both she and her husband go out of their way to tell about the use of Viavi.

PROLAPSUS, OR FALLING OF THE WOMB

Prolapsus uteri, (falling of the womb) is a falling of the womb into the vagina, often protruding from the vaginal orifice. The immediate cause is an unnatural enlargement and heaviness of the womb following congestion and inflammation, which stretches the supporting ligaments.

**Some Effects of
Prolapsus**

As the vaginal walls are dragged down with the womb, it is not unusual to find the bladder protruding in front of the womb. When distended with

urine, it is prominent, varying in size from an egg to a large cup. It is often necessary to push the bladder upward with the fingers before it can be emptied.

Because of the pressure of the womb upon the nerves and nerve centers, pain and lameness, which is often mistaken for rheumatism, and sometimes partial paralysis, are experienced.

The dragging-down sensation is more pronounced than in other displacements. The constant strain causes a dull, heavy pain, especially across the back, and at the base of the brain where the central nerve centers having charge of these organs are located.

The ovaries and Fallopian tubes are dragged downward, causing indescribable pains throughout the whole pelvic and abdominal regions. All symptoms of anteversion and retroversion may be present, with many more in an exaggerated form.

Suffered Twenty-eight Years

A woman, in Illinois (4500), following childbirth, suffered with protrusion of the womb, constipation, itching piles, bladder trouble, backache, headache, and nervousness. After twenty-eight years of continuous suffering and treatment, she was told an operation offered the only hope. To this she would not consent as life and her babies were too sweet to her to take the risk. A friend who had restored herself through the use of Viavi told her about it. This gave her the hope that she too might become well; and using Viavi she entirely regained her health. Ten years later she wrote that her good health continued.

Her Health Perfect

A woman, in England (901), who suffered with prolapsus and nervous exhaustion, wrote how pleased she is because of the health that came to her through the use of Viavi. She had nervous debility following prolapsus of five years standing, and had used various treatments without deriving any permanent benefit. After the first month's use of Viavi she began to "pick up" which greatly encouraged her to con-

tinue. She supplied Viavi faithfully to her recuperative power for over two years. Ten years later she wrote: "I never know that I have a womb, never any pain, in fact, nothing but perfect health." She later became the mother of two lovely children, although her physician had said her condition was hopeless, and that it was an impossibility for her to become a mother.

**Laceration,
Prolapsus**

A woman, in Delaware (4345), wrote that she had been a sufferer for twenty-seven years, with laceration and prolapsus of the womb following the birth of her second child. She had been under many physicians in her home town as well as specialists in Philadelphia. Catarrh of the head and stomach followed an attack of La grippe. She could not retain food, and when she swallowed food the stomach would chug and churn and collapse. She coughed and expectorated constantly, and wasted to a mere skeleton. After being treated at a large hospital in Philadelphia, she was finally told that she could live but a few days.

Learning of others who had restored themselves, she furnished Viavi to her recuperative power, persisting patiently and faithfully in its use for eighteen months. Health was completely restored, and writing eleven years later she said her health had continued perfect.

**Prolapsus,
Nervousness**

A Viavi user, in Idaho (3777), tells how she suffered for two and a half years, though constantly under medical care, with a prolapsed condition of the womb. A nervous breakdown followed the change of life. The womb was so enlarged, congested and inflamed, and the ligaments so weak, that the womb prolapsed and became exposed. Treatments of various kinds were given, among them the X-ray, which suddenly stopped the flow. But the nervousness became so much worse that in desperation, she consented to an operation for the removal of the appendix, shortening the ligaments, and repairing the laceration. But instead of getting the expected relief, her entire body ached and

pained. The stomach was in such a condition that she could scarcely eat anything for months. She finally took the rest cure, under which her stomach improved, she gained in weight, but became nervously prostrated and practically helpless for eighteen months. One may realize how discouraged this sufferer and her husband were. Her illness had cost them a small fortune, and all hope of getting well was gone.

**A Joyful
Success**

One day the husband saw the Viavi sign on a window, and as his wife had used it some years before, with benefit, he suggested that she do so again.

Some improvement followed a few months' use of it, and after two years she became entirely well. A year and a half later she wrote that she was enjoying splendid health, and was able to care for a big house, adding, "This seems all the more wonderful to me when I think how helpless I was." Do you wonder that she is glad to tell others who suffer about her use of Viavi? Two years later she wrote, "I am glad to say I still enjoy good health, and have felt better this summer than for years."

**Prolapsus,
Curettement**

A woman, in Ontario (1074), wrote telling how much she suffered for years with stomach trouble and supposed inflammation of the bowels, followed by nervous spasms in which the arms and legs became entirely cold. she suffered with prolapsus and wore a pessary to support the womb. Two growths were removed from the neck of the womb which gave a little relief. A year later the womb was curetted every four or five weeks. A friend sent Viavi to her, telling her what other sufferers had been able to do, and she began its use. At times she became discouraged, as her recuperative power had much to do and restoration seemed slow. Gradually she improved, and friends remarked how well she was looking. Eventually, health was restored, and her life became one of usefulness and happiness. Nine years later she wrote, "I still

have good health," and seventeen years later, "I have much pleasure in letting you know that I have enjoyed a good measure of health and still gladly recommend the use of Viavi."

**Grew Back to
Health**

A woman, writing from Missouri (3580), tells of suffering with prolapsus, retroversion, and ovarian trouble for twelve years, following childbirth.

She had two miscarriages, and afterwards suffered with indigestion, constipation, and piles, becoming a nervous wreck. She tried various treatments with little relief, and was finally told that she would have to be operated upon. Her husband, a druggist, did not believe an operation would benefit, and opposed it. Learning of Viavi, she furnished it to her recuperative power, and in a short time was relieved of the miserable feeling that she would fall to pieces when she walked, and of a sickening backache. She gradually grew back to health in a perfectly natural, normal way.

Sixteen years later she wrote: "If you could step in and see how much work I have done on the farm for the last ten years you would not think that I had ever been an invalid. I have been a widow for several years and have much depending upon me. I wish I could lead all who are suffering to use Viavi. I thank you dear people for the good work which you are doing."

**Bladder Trouble,
Prolapsus**

A woman, in Kansas (4293), is so happy to be well again that she wants every sufferer to hear about her use of Viavi. She suffered with a com-

pletely prolapsed womb, accompanied by awful cutting, burning, and stinging pains in the bladder and urethra when urinating, highly inflamed ovary and tubes, a mass of adhesions, and leucorrhœa. One nervous chill followed another. She wrote: "To have died would have been a relief. Yet, life was sweet to me for I have a most wonderful husband and a precious little girl." All that could be was being done for her relief, so far

as they knew; but she rapidly grew worse. Arrangements were made for an operation when one night a friend told what she had accomplished through the use of Viavi, and she began its use. Some discouraging days followed. In about three months dark, putrid matter passed from the bowels. Later a fibroid tumor passed, followed by a persistent discharge from the vagina. The recuperative power must cleanse the body of all impurities before restoration begins, and this process is not always painless nor without disturbance. She had a fall which set her back. She also nursed her invalid mother for seven months which took her strength.

Gradually, she began to feel better, grew stronger, and after sixteen months felt herself well, happy in doing her own work. She wrote: "Think of it! Oh, we find words inadequate to express our feeling of gratitude. My husband joins me in this, our expression of sincere gratefulness. We embrace every opportunity to tell those who suffer, and are having the pleasure of seeing many of our friends grow back to health."

**Operation or
Pessary?**

A woman, in Ohio (4491), wrote of restoring her health through the use of Viavi after being an invalid for eighteen months, suffering with painful menstruation and extreme nervousness. Her physician advised an operation and the specialist who was called gave her the choice of, an operation or wearing a pessary permanently.

A pessary is a hard or soft rubber, ring-like instrument which is placed about the neck of the womb in such a way that the womb is given support from the pressure of the walls of the vagina upon the pessary. This, of course, relieves the ligaments of their natural function, making them weak and inelastic. The pessary itself sometimes becomes imbedded in the tissues and when neglected becomes a source of irritation. At best, it is a makeshift.

This sufferer chose neither the operation nor the pessary. Learning what others had done for themselves

through the use of Viavi when all else had failed, she began its use. It was six months before she felt much change, but she persisted, realizing that she was depending upon the only power that could restore her health, namely, the recuperative power within her own body. She continued until she was able to write: "I felt I had fully regained my health, and at present I can say that it is perfect."

Suffered "Twenty-three years ago," writes a
Twenty-six Years Pennsylvania woman (3932), "I had the good fortune to learn of Viavi."

After suffering for twenty-six years from prolapsus with adhesions, her physician told her there was no help except through an operation, but did not think an operation advisable for her. You can appreciate how glad she was to learn what others had been able to do through the use of Viavi. She began its use, but there was very little improvement for the first three months, so much had to be done by the recuperative forces. However, her recovery progressed steadily, and in eighteen months she was completely well. There had been no return of the difficulties during the twenty-three years intervening. Could one put the recuperative forces to any greater test than this?

Takes Her Own The recuperative process may take
Time time. Restoration cannot come any quicker than the recuperative forces are able to bring it about. Getting well is a personal, individual experience, and the length of time required depends on the recuperative power and the conditions it has to overcome. Getting well is always a slower process than we would like it to be; Nature takes her own time. She cannot be hurried; she can only be helped. These letters show how she has been helped by patience—patient confidence in one's recuperative power,—and faithfulness in supplying the means it used.

**The Husband's
Loving Loyalty** The gentle encouragement of members of the family, and particularly of the husband, have been most helpful in keeping up the hope, confidence, and surety of purpose and faithfulness in the use of Viavi on the part of the sufferer. In many of these letters there is the highest tribute to the husband's loving, earnest, continued helpfulness which meant so much to the sufferer's progress toward restoration. Although he did not fully understand what really was the matter, nor how much the recuperative power in his wife's body had to do to overcome wrong conditions and restore natural ones, he never failed in helpfulness and encouragement. Working day in and out, often spending all that he earned and even going into debt to do all that his love and loyalty prompted him to do for his wife, it would be no wonder if even such a husband felt discouraged when improvement seemed slow.

**These Convincing
Truths** The great steadying influence that helped these sufferers and their husbands over such discouragements and depression were the convincing truths of what other sufferers had accomplished, who also had their periods of discouragement and depression. Realizing that, if at all, health must come through their own recuperative power, they continued to supply Viavi to that power steadfastly and faithfully: and they became well. Each sufferer realizing these truths, of actual experience, was helped by them to achieve their own health.

The appeal to your confidence is in the convincing thought of the recuperative power, that power which was bequeathed to you with life, and the actual experience of the many sufferers who, through the use of Viavi, supplied their recuperative power the means it used to restore them to health. This is the thought that each sufferer must grasp for herself, each parent for the suffering child, and with which the loyal husband can help his suffering wife to work out her restoration.

CHAPTER XXX

SOMETHING ABOUT OPERATIONS AND THE USE OF MECHANICAL MAKESHIFTS

THERE is no part of the body in which the recuperative forces are more responsive to intelligent aid than the uterine tract; and no part resents mechanical or surgical interference so stubbornly, because neither of these afford the recuperative power the required help. Their use is to prop the displaced womb into position, and no prop can take the place of the natural supporting ligaments for any length of time, without doing injury.

What is a
Pessary?

Pessaries are of various designs. The stem of one kind is inserted into the uterus, often piercing the soft walls. Ring-like pessaries, of hard or soft rubber, distend the vaginal walls so that ulceration frequently results. The cup pessary allows the neck of the womb to rest in a receptacle resembling a cup, but few can wear any kind of a pessary for any length of time because of irritation following its use. A pessary does not establish the normal circulation or reduce the enlargement of the womb, nor does it strengthen the ligaments supporting the womb. In fact, they grow weaker through these unnatural helps.

Vaginal secretions corrode the metal pessaries, and accumulations gather about the rubber ones. Pessaries often become imbedded in the vaginal walls, with serious results.

Pessary
Unnecessary

A woman, in Ireland (2520), wrote that she suffered from retroversion and relaxation of the vaginal walls. She wore a pessary for fourteen months

until an operation was thought necessary. Being a maternity nurse, and knowing the results often following operations, she declined to undergo the operation, and instead furnished Viavi to her recuperative power. She became well. The womb reduced in size, the ligaments became healthy and elastic, and neither pessary nor an operation were necessary.

**Tried to Use
a Pessary**

A Viavi user, in Missouri (3141), wrote that she had an operation for appendicitis, which was followed by prolapsus, backache, and a nervous, exhausted feeling. A pessary was tried but the parts so relaxed that the support was pushed out of the body. Then an operation was advised to shorten the ligaments. She was led to see two important things, that shortening the ligaments would not reduce the size or weight of the womb, which caused the stretching of the ligaments, allowing the womb to fall into the vagina, and that when the circulation became normal and congestion and inflammation were overcome, the size and weight of the womb would lessen, and the ligaments could then lift the womb into position.

Desiring to avoid another operation, she furnished Viavi to her recuperative power. Being young, she recuperated quickly, soon seeing improvement which continued until she was entirely free from all uterine trouble. Her advice is, if you want to avoid an operation as she did, use Viavi.

**Ventral
Fixation**

The surgical expedients in misplacements are, shortening of the ligaments, and, ventral fixation, that is, sewing the womb to the abdominal walls. Only the woman who has submitted to the latter can know the pulling, burning pain, and the intense nervousness that often follows. Ventral fixation is an attempt to overcome temporary displacements by a misplacement which is intended to be permanent. In this operation, the womb is stitched forward and upward

some inches out of place, thereby putting nerves, muscular walls, and even the bladder on a constant strain. The abdominal walls were never intended to have these organs tacked to them for support.

Shortening the weakened and stretched ligaments impairs them, and does nothing to overcome the cause of displacements.

Why Displacement Occurs The uterine organs perform the important function of bringing a new being into existence, and are therefore bountifully supplied with nerves and blood vessels. Because the blood of one organ mingles so freely with that of another, they are all peculiarly susceptible to congestion and inflammation when the nervous vitality is lowered. As the womb becomes congested, it becomes enlarged and heavy, and the ligaments, also weakened by the congestion, are stretched, allowing the womb to fall out of place.

The Steps in Restoration When properly assisted, the recuperative power may in its own way, arouse the nervous vitality, that mysterious manifestation in our bodies by which, among other things, the circulation of the blood is so controlled as to bring to every part of the body the right amount of blood for its ever changing needs. When the nervous vitality is aroused, the circulation is restored, and congestion removed. The womb becomes smaller and lighter. The cells of which the ligaments are composed regain their normal size and elasticity. They lift the womb, now normal in size and weight, into its proper position and maintain it there. The process is natural, constantly demonstrated by sufferers as they regain their health.

Operations Advised We have quoted from only a few of the many letters received from sufferers, who, told that only an operation would bring relief, restored themselves through the use of Viavi. Some of these under-

went the operation advised, but not only failed to get relief, but suffered worse; however, when they realized that relief or restoration could come only through the recuperative forces in their own bodies, they supplied Viavi to their recuperative power, and regained some measure of health—many of them complete health.

**Futile
Operations**

For instance, a woman, in Saskatchewan (3825), suffered from her first menstruation. Examination revealed retroversion and diseased appendix.

At the age of twenty she was operated on for the removal of the appendix and a portion of the right ovary. She rested for a few months, and returned to her work of teaching, but at the end of six months was a nervous wreck. She went to a specialist, who, after a thorough examination by his staff, operated for the removal of the tonsils and adenoids, replaced the womb, and inserted a pessary, which she could only wear a month because it caused such pain. She returned to the hospital and was given tampon treatments, but with no relief. A third operation within the year was performed, in which the ligaments were shortened, the remainder of the right ovary removed, adhesions broken, a tumor removed, and three cysts on the left ovary drained. She regained sufficient strength to return to her school work, taught for four months, when she was obliged to be treated again. A fourth operation for removal of all the organs was suggested as the only chance of regaining health.

By mere accident, she learned what other sufferers accomplished by furnishing Viavi to their recuperative power. Having undergone three operations which the doctors admitted were failures, she refused the fourth, and began using Viavi.

**Specialist
Astonished**

Her recuperative power used three times the amount of Viavi that sufferers usually do in a given period. In six months she was able to be mar-

ried, and became pregnant. The specialist who had operated refused to believe she was pregnant, and thought it was a cystic tumor. She used Viavi throughout her pregnancy and gave birth to an eight pound baby girl, having a short and easy confinement.

Two years later she wrote with the hope of helping other sufferers. She had had no return of her trouble, and her little girl was as bright and as well as could be.

**Operations a
Failure**

A sufferer, in South Dakota (3761), wrote that her trouble began with profuse menstruation and nervousness when she was sixteen years old. Following the birth of her baby, she had prolapsus, bladder trouble, and sick headaches which some times lasted a week. After suffering this way for years, she submitted to an operation for shortening of the ligaments, removal of the appendix and parts of each ovary. Removing a part only of an ovary is on the theory that the part left will supply the body with some of the hormones necessary, and will also allow the ovum in the remaining part to develop.

**Again to the
Hospital**

There was apparent improvement for a short time, then she became much worse. She was again taken to the hospital for observation and treatment of ovarian congestion, pus tubes, and peritonitis, and was advised that she could not live unless all the organs were removed. Because she had continuous hemorrhages and fainting spells, the operation could not be performed. Her condition was such that she was not expected to live. But she learned how others had restored themselves through the use of Viavi, and with little or no hope supplied it to her recuperative power. Gradually the hemorrhages ceased and slight gains were noticed. She used Viavi two years, although she was able to do all her housework at the end of the first year. Five years later she wrote that her good health has continued.

**Operation
Failed**

A woman, in Montana (3851), writing with the hope of encouraging some other sufferer, said she had had an attack of peritonitis and was in the hospital three weeks. At the second attack she was there two weeks; and was later rushed to the hospital and operated upon. A piece of each ovary, the appendix, and the right Fallopian tube were removed. Instead of becoming well as she expected, her suffering continued. Several years later, she had a miscarriage, and while under treatment the doctor discovered a pus sac in the left side, the size of a man's fist. The womb was congested and enlarged, and very low in the vagina. She was bedridden because of the terrific pain, and as the doctor feared that the pus sac might rupture in the abdominal cavity and produce blood poisoning, possibly death, he advised an operation. Arrangements were made for it when she learned of Viavi and began its use.

**The Natural
Method**

Apparently there was much to be done by the recuperative power for the sufferer passed quantities of impurities from the body for weeks. Being very weak, she was in bed most of the time, and not realizing what the recuperative power was doing, grew discouraged at times. She would have discontinued using Viavi had it not been for the encouragement of her husband. He saw the little changes which were taking place, and realized that while eliminating impurities, Nature was gradually restoring the normal conditions. After the discharges stopped, she gradually regained strength and weight. The periods became regular and painless. She became able to do all of her housework and indulge in recreation once or twice a week. Later, she wrote that her menstrual period lasted naturally only three days instead of eight or nine, the crying spells which lasted hours at a time had also passed away. She feels that she owes her life to the use of Viavi.

**Given Up to
Die**

A woman, in Pennsylvania (3446), wrote that a growth formed at the end of the spine caused by a fall.

Five years afterwards she had an operation for removal of the ovary. Years later she had a nervous breakdown and went to a hospital where the specialists discovered a cystic tube, floating kidney, and a mass of adhesions. Her physicians advised an immediate operation as they did not feel she could live many days; but she refused.

**Used Viavi and
Lived**

While in this serious condition, she was led to furnish Viavi to her recuperative forces. After six weeks' use she began to improve. The cystic condition gradually passed away, the adhesions were absorbed, and she became so well that one of the physicians who had attended her, meeting her on the street, was dumbfounded and said, "What on earth are you doing, looking so well; and what is keeping you in the world? I thought you would never live." The sufferer laughed and said: "I have been using Viavi." He asked her what Viavi was, how it was used, and all about it, and then remarked that the day was near at hand when other means would absolutely do away with the knife.

She gained in strength and flesh, and the color came back to her cheeks. She looked so well that friends often remarked on her appearance. She wrote: "I only wish I could be instrumental in leading every sufferer to use Viavi. I feel I owe my life to the use of it."

These are only a few of the many sufferers who were told by good, able physicians that they could not get well without an operation, and who restored themselves by furnishing Viavi to their recuperative power. We have other letters from such sufferers which we shall be glad to send you if you are interested. There is the same hope for you as there was for them. Getting well is a personal, individual experience.

CHAPTER XXXI

SOMETHING ABOUT THE OVARIES AND THE FALLOPIAN TUBES, AND SOME OF THEIR DISORDERS

THE ovaries, the Fallopian tubes, and the womb are so closely related in their functions and position, that inflammation of one is likely to involve the other.

The ovaries are the center of a woman's reproductive system. They not only contain and develop the ovum, but are believed to secrete substances which are of vital importance to health. These organs express the complex and mysterious forces that permeate a woman's being, and without these organs these forces become crippled or powerless. One cannot talk when the tongue is out, nor see when the eyes are removed. So a woman cannot give full expression to her womanliness if her ovaries are diseased or removed.

Nature of Ovaritis	Inflammation of the ovaries is called ovaritis, and may be acute or chronic. Because of the generous blood supply of the ovaries they become easily congested and inflamed. The left ovary is more often affected than the right because the descending colon merges into the rectum on that side. Pressure on a congested ovary by gas or fecal matter, particularly in constipation, produces very severe knife-like pains.
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Causes of Ovaritis	The causes of ovaritis are many. Among them are colds, a sudden suppression of the menses, extension of inflammation from surrounding parts, infection, excesses, astringent or cold-water injections, abortions, miscarriages, displacements of the pelvic
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organs, impeded circulation, the improper use of pessaries and instruments, and cauterization of the cervix. The close relation of the pelvic organs causes the ovaries to be impaired and affected when the other organs are diseased. Being the center of a woman's reproductive system, the ovaries demand the utmost care and the most jealous preservation. When their importance is fully appreciated the suggestion of removal can hardly fail to be given the most serious consideration before acquiescing.

Symptoms of Ovaritis Ovaritis being generally complicated with other inflammatory processes, the symptoms are many and varied.

The affected ovary or ovaries may be enlarged and tender, with pains radiating at intervals, or continually, to the sides and down the lower part of the back and legs. Pain in the ovarian region and groin, of a dull, aching, or burning character, aggravated by walking or by jarring is characteristic, a little excitement often causing the ovary to throb and burn. Considerable pain may be experienced at stool or urination. Nervous and hysterical symptoms are often developed. Leucorrhea is generally profuse. All conditions are aggravated as the menstrual period approaches. The flow may be painful and profuse, the pain generally ceasing when fully established.

Wrong Diagnosis A diseased cervix, anteversion, and neuralgic conditions may cause similar symptoms, which frequently leads to a wrong diagnosis and operations, the mistake being discovered when the abdomen has been cut open and healthy ovaries exposed. In such cases the ovaries are sometimes removed on the theory that if they are out they will give no future trouble! The ovaries not causing the pains, no relief is experienced from their removal. On the contrary, painful symptoms may become intensified or new ones added.

Inflammation of the ovaries is fundamentally the same as elsewhere, and can be overcome in the same

way. The recuperative power strives to overcome inflammation of the ovaries just as it strives to overcome disordered conditions elsewhere in the body.

The purpose in furnishing Viavi to the recuperative power is to supply Nature with the assistance necessary to restore healthy conditions. Many women who have been advised that only the removal of the ovaries (ovariotomy) would bring about a recovery, have restored themselves without an operation through the use of Viavi. Here are examples.

**Restored Without
an Operation** A woman, in Connecticut (4284), wrote that she suffered with ovarian and uterine trouble. An operation was advised, and refused. Instead, she

supplied Viavi to her recuperative power, and has never had a return of these troubles. About seventeen years later she discovered a lump in her left breast, which grew to the size of a medium potato. The breast was examined by her splendid physician and an immediate operation advised. Recalling her previous experience she used Viavi again, and in spite of the fact that she was nursing a tubercular patient, with all the strain this involved, she became well. The lump gradually disappeared, and she felt better in every way. Thus, on two occasions her recuperative power used Viavi to bring about splendid results, avoiding an operation each time.

**Mother and
Daughter** A woman, in Pennsylvania (4269), wrote of years of suffering with ovarian troubles, prolapsus, cystitis, and nervousness. All her splendid physicians told her she could not get well without an operation. A friend who had restored herself through the use of Viavi led her to supply it to her recuperative power. Signs of improvement soon appeared, and her health was gradually restored. Fifteen years later her daughter suffered with abscessed ovaries, and she too, supplied Viavi to her recuperative forces. The results were as wonderful as in her mother's case. Both mother and

daughter are very enthusiastic about the use of Viavi. Would you not be too, with such results?

Operation Useless A woman, in New Zealand (2530), wrote that some years before she suffered from ovarian and uterine trouble, and was very sorry that she did not know of Viavi then, as an operation which "did little or no good" might have been avoided. Learning of Viavi, she supplied it to her recuperative power and completely restored her health. Her trouble has never returned, and several of her friends, seeing the benefit which came to her through the use of Viavi, furnished it to their recuperative power, with most gratifying results.

Pain in Back Twelve Years A woman, in Scotland (2505), wrote of suffering from pain in the back for twelve years. It became almost unbearable, ultimately affecting her mentally and physically. Her condition was diagnosed as inflammation of the ovaries, accompanied with catarrh. As a last resource she used Viavi, and entirely restored herself. A year later she wrote, "For over a year I have enjoyed health such as I never experienced before."

Danger Masked The best hope of restoration, of course, is where conditions have not become chronic. The nervous wear and tear on the system from ovarian troubles is rapid and exhausting; and may reach the point where an operation, with all its uncertainty, especially as to the irretrievable effect on the nervous system, may seem to be the only alternative.

The advance of surgical skill has so much reduced the danger of operations that the psychological and nervous results are overlooked or unduly minimized. Many have experienced a life of suffering following such an operation. On the other hand, although advised that such an operation was necessary, many women, fol-

lowing the intuitive aversion to mutilation of the reproductive organs, have been restored to a life of health and usefulness without an operation.

**Effects of
Castration**

Generally, much persuasion and argument are required to lead a woman to submit to an operation. Perhaps it is meant as a kindness—that she is not informed of the full effect it may have on the remainder of her life. On the contrary, she may think of it as a short cut to perfect restoration or relief. Many, submitting to castration, which is the truly descriptive name for the removal of a woman's ovaries, are no better—and often much worse. It is only afterwards that a woman realizes the mental injury and the influence upon her womanly characteristics.

**Ovary Removed
Without Benefit**

Here is an illustration. A woman, in Canada (3824), wrote that she was operated upon for appendicitis and removal of the right ovary when eighteen years old. She had always suffered during menstruation, but the operation did not benefit in that way at all. Her physician told her that the remaining ovary was badly diseased and might have to be removed. Three years later she married and grew from bad to worse. The specialists offered no hope other than an operation, but as husband and wife realized it would end all their hopes for children, put off the operation. They learned of Viavi, but felt unable to purchase it for a year. But how much better it would have been to have borrowed the money and saved a year's suffering by paying a few dollars in interest!

**Pay Interest;
Don't Suffer**

After several months' use of Viavi, menstruation came painlessly and she gained in every way. She became pregnant and was well all through her pregnancy. Her confinement lasted but two hours and twenty minutes, when she became the happy mother of twin boys. The tissues were so healthy and elastic that

she was not torn. In a short time she was able to take full care of her babies and later do her housework. The twins were rubbed daily with Cerate, and the parents feel that the recuperative power used Viavi to develop them.

**Other Results of
Castration**

The effect upon the millions of nerves severed by an operation is profound. The removal of the organs which they were designed to serve deprives them of the work that they were created to do. Besides, cutting them is a direct violence. The integrity of the nervous and mental system is impaired. Shock, a dreaded accompaniment of operations, depends partly on the number of nerves injured, and partly on the general nervous conditions. This condition introduces the element of uncertainty, and is responsible for some of the deaths that occur from, or under operations.

Large numbers of blood vessels are also severed. The larger ones are tied and the smaller ones are ultimately caught within the stumps or scar tissue which forms. Peritoneal adhesions frequently follow, and it is in such scar tissue that cancer often develops. The beautiful mechanism of the abdominal circulation is badly injured, and the blood-current impeded.

**Harmony
Destroyed**

Each organ needs exactly its own natural space, and if this is increased or diminished, harmony is destroyed. If the suspensory ligaments are partially or wholly severed, some of the viscera just above the removed organs sags down until all the viscera become displaced more or less.

Castrated women are forced prematurely into the change of life, giving rise to many ills. When the change occurs naturally, a gradual re-adjustment of all the functions takes place.

**Proved by
Statistics**

An eminent physician followed up one hundred cases of ovariectomy performed in the Broca and St. Louis Hospitals, Paris. The result of his

investigations, published in 1897, were as follows: "Of castrated women, 78 per cent subsequently suffered a notable loss of memory; 60 per cent were troubled with flashes of heat and vertigo; 50 per cent confessed to a change in their character, having become more irritable, less patient, and some of them so changed as to give way to violent and irresponsible fits of temper; 42 per cent suffered more or less from mental depression; and 10 per cent were so depressed as to verge upon melancholia. In 75 per cent there was a diminution in sexual desire, and some of these explained that they were sexually dead; 13 per cent were not relieved from the pain from which they suffered; 30 per cent increased in weight, and some became abnormally fat; 12 per cent noted a change in the tone of their voice to a heavier, more masculine quality; 25 per cent had severe headaches, as a rule increased in intensity at the time for the menstrual period, and about 5 per cent suffered from insomnia. In a few cases there existed a sexual hyper-excitability not present prior to castration. A few cases presented gastric reflexes—the stomach rejecting food or refusing to prepare it for intestinal digestion, and the subsequent distress following the fermentation compelled the patient to seek relief. These troubles were more marked in women under thirty or thirty-three years of age."

Injuries Inflicted	This showing is discouraging enough, but it will be noted that some very important things are omitted. The record fails to show that a single one
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of these cases escaped one or more of the troubles enumerated; and the presumption is that not one of them did. Thus, of the 50 who did not "confess" to having "suffered a change of character, becoming irritable and giving way to violent fits of temper," we may be certain that 39 suffered a "notable loss of memory," that 5 "were so depressed as to verge upon melancholia," and so on. In other words, if one of these unfortunate

women escaped one affliction, we may conclude that she did not escape one or more of the others.

**Operations
Avoided** Many women advised to undergo operations for removal of the ovaries as the only means of restoration, have declined, and instead, have restored

themselves through the use of Viavi. For instance, a woman, in Oregon (1013), wrote that she was a strong, healthy girl until she took cold at a menstrual period. This was followed by suppressed menstruation for three months, and fifteen years of painful menstruation. The ovaries were so badly affected that abscesses formed whenever she took cold or overworked. After days of excruciating pain the abscesses broke and discharged through the vagina. For seven of these years the ovarian suffering was so bad that she could not walk without severe pain in the left ovary.

She was led to furnish Viavi to her recuperative power, and restoration came gradually. Seven years later she wrote that she had had no return of her trouble, and thirteen years later she wrote that her good health continued. Twenty-five years later she wrote that she had enjoyed excellent health all those years.

**Ovarian
Tumor** A woman, in Maine (4199), wrote that she suffered from an ovarian tumor. She was told that nothing but the knife would save her life, but instead

she furnished Viavi to her recuperative forces. They eliminated the tumor in a natural way and she entirely restored her health. Since then she has passed through the change of life without any inconvenience. Years after her restoration she wrote that she was a healthy woman, and thanked God that the use of Viavi was brought to her knowledge.

**Twenty-seven
Years After** A woman, in Quebec (2280), wrote that she suffered from enlargement of the right ovary for over fifteen years. Although under a splendid doctor's

care, she achieved no perceptible benefit. Through the use of Viavi this condition was overcome. Twenty-seven years later she wrote of continued health and happiness, and endorsed the use of Viavi more strongly than ever.

**His Wife's Use
of Viavi** A man, in Missouri (3466), wrote about the results which his wife obtained through the use of Viavi. She had suffered eight years with ovarian disorders, catarrh, constipation and headache. Following the advice of a physician friend, she supplied Viavi to her recuperative power, and after sixteen months' use of Viavi became a well, contented woman, without the least sign of past ailments.

**Could Not
Straighten Up** A woman, in New York (4350), suffered from ovarian and nervous troubles. She could not sleep well, and her back ached so much when she stooped, that it seemed as though she could not straighten up again. In fifteen months she completely restored her health through the use of Viavi, and wrote: "Now I would not know I had a back."

**Surprised the
Surgeon** A sufferer, in Ohio (4489), wrote that she suffered for nine weeks with great pain, caused by an ovarian abscess. One of the best consultant surgeons from a neighboring city advised an operation for removal of the ovaries, womb, and probably one kidney. But because of her condition, the operation was postponed. Meanwhile, her physician told her that Viavi "might do as much for her" as it had done for another patient. She used it and instead of going to the operating table, in twenty days she went to the office of the operating surgeon, who exclaimed to the physician, "What have you been doing to this woman?" She continued to use Viavi and completely restored her health. Twenty-two years afterwards she wrote that she had never had a return of the trouble.

**The Ductless
Glands**

Among some physicians doubt is growing as to the usefulness of many operations. Some sufferers get well without undergoing advised operations, while others are worse after the operation. Increasing knowledge of the ductless glands and the part their secretions play in the vital processes, has also had its influence in changing the professional attitude toward operations. The ductless glands pour their secretions, called hormones, necessary for the growth and development of the body, directly into the blood. Among the ductless glands are the spleen, the suprarenals, the thyroid and thymus glands, and the gonads. Some glands produce more than one substance, for instance, the ovaries which produce the ova are now known to produce a very important secretion which is very necessary to health.

**Instinctive
Repugnance**

The growing realization of the profound importance of these secretions has naturally created a cautious hesitancy to remove the glands or organs that secrete them. The importance of these secretions to life and health doubtless accounts for the seemingly instinctive opposition to an operation which many sufferers manifest. It seems as though the recuperative intelligence itself, implants an instinctive recognition of the importance of these organs and a strong repugnance to their removal. Who, then, in the light of the results of recent research, and not knowing what disturbance of the hormones might create, would willingly undergo an operation affecting a ductless gland?

THE FALLOPIAN TUBES

Inflammation of the Fallopian tubes is called salpingitis. In severe inflammation the tubes become closed, and secretions or pus accumulate within them, producing distention and elongation, often causing them to become convoluted, twisted or bent into "knuckles," and to hang by the side of the uterus as a sausage-like

body. They are called "pus tubes" if they are abscessed. Stricture and adhesions to adjacent parts sometimes result from salpingitis.

Causes of Salpingitis

The causes are much the same as those producing inflammation of the womb and ovaries, with similar symptoms.

The onset of salpingitis may be very severe, or mild. In tubal distention there is a danger of rupture followed by peritonitis. Recovery from chronic salpingitis is usually slow. It is a matter of supplying the recuperative power with the means which that power can use to increase the vital strength by which Nature brings about restoration.

Pus Tubes for Years

For instance, a woman, in Manitoba (1072), wrote that she suffered years with inflammation of the Fallopian tubes. They were as large as her wrist, filled with pus. Normally, the tubes are not larger than lead pencils, with a small canal large enough to admit a fine bristle. The eggs are carried through this canal from the ovaries to the womb. The pus passed through the loose fringed ends of the tubes into the peritoneal cavity causing repeated attacks of peritonitis, with which she was confined to her bed for over two years, suffering extremely. A Toronto specialist discovered that the tubes, bowels, ovaries, and uterus were bound down by extensive adhesions. Later, she was placed in a sanitarium under splendid medical men in New York City. Their decision was, "The woman cannot live without an operation, and most likely will die under it." That was her condition when she began the use of Viavi. She had been treated faithfully, submitting to blistering, leeches, and having the spine burnt, but all these efforts were failures. She supplied Viavi to her recuperative forces three years, but it was worth while, as eleven years later she wrote: "I am happy to state that I have had no return whatever of my old troubles."

**Removal
Advised**

A user, in Minnesota (4490), wrote of suffering with inflammation and pus in the Fallopian tubes, rendering her unable to move for six weeks. Her physician advised their removal as the only means of restoration, but instead, she supplied Viavi to her recuperative power. Improvement soon began, the congestion and inflammation gradually disappeared, and she reports herself in perfect health.

**The Time
Required**

It takes the recuperative power a longer period of time to restore some to health than others. All persons have the recuperative power upon which restoration depends, but the bodies or instruments through which this power works are different; hence, the time and effort required to restore health is different in each person. These letters tell what others have accomplished through the use of Viavi, giving hope to other sufferers as to what they may accomplish through the same means.

**Fallopian
Abscesses**

A woman, in Idaho (4028), wrote that her splendid physician informed her that she would have to have an operation or be a confirmed invalid for life. She submitted, and two years later, while away from home, was suddenly taken seriously ill, had high temperature, chills, hot flashes, and was very nervous. Her physician decided this was due to an abscess in the Fallopian tube, but because of her weak heart following the last operation and later a shock, he could not operate. She was taken home, she says, "more dead than alive." Her stomach and bowels became so badly affected that food was like poison, causing diarrhea, and a jelly-like substance passed from the bowels. The pain in her head and back, and the palpitation of the heart were so bad that she could see no one. She also suffered with bronchitis, and had to be propped up in bed to get breath. Her body was so thin and tender that it seemed the bones would protrude through

the flesh. Her physicians were puzzled, and no one thought she could possibly live.

Such was her condition when she began furnishing Viavi to her recuperative power. In two weeks she was enjoying the most refreshing sleep she had had in two years; her body began to feel warm; the pain in the chest passed away; she was able to straighten up; peculiar looking growths passed from the body, and she gradually became well. Twelve years after her restoration to health she wrote that she was well and strong and doing her own housework besides social service and charitable work.

**Ground for
Hope**

Those who have been operated upon one or more times and still suffer, may take hope from this letter from a woman, in New York State (4526), who suffered from painful menstruation. The womb was dilated every month, she was curetted, and a pessary placed for support, which caused such suffering that it was removed. Becoming worse, she was taken to a hospital to be examined under ether because she could not endure the examination otherwise. An operation was performed, and an abscess drained, but she continued to grow worse. The discharge from the incision became profuse, offensive, dark green or almost black in color. A second operation was decided to be imperative. The left ovary, the Fallopian tube, and an abscess were removed. While the incision was healing she contracted a severe cold. The incision opened about five inches in length and nearly as wide, exposing the intestines. A cough or long breath forced fecal matter to escape through a puncture in the bowel and into the incision, necessitating constant care.

The surgeon frankly told the husband that he had done everything in his power. The sufferer was taken home on a stretcher, and the home doctor told the husband there was absolutely no help for her; she could not live. She then weighed about sixty pounds, and was carried like a baby with the greatest care

because each jar caused agonizing pain.

**Failure to
Success**

In this hopeless condition Viavi was supplied to her recuperative power. The recuperative power eliminated poisonous secretions, causing her to suffer much, but the cough ceased and the temperature gradually became normal. She began to supply Viavi to her recuperative power on August 13th, and on September 23rd, enjoyed an automobile ride of thirty-five miles. In October she menstruated naturally for the first time. In February of the following year she was doing light housework, grateful beyond words for what her recuperative power had been able to do through the use of Viavi.

**Suffered With
Pus Tubes**

A woman, in Missouri (2959), wrote of ten years suffering with pus tubes following infected ovaries and retroversion. As local treatments failed, an operation was suggested as the only thing that would benefit. She had almost consented, when a friend led her to use Viavi. For three months, as her recuperative forces accomplished the necessary work, she felt worse, but she soon began to improve slowly, and was well at the end of eighteen months. She afterwards wrote: "I did not need to be told I was well; I knew it." Eight years later she wrote, saying that she had had no return of the trouble, looked the picture of health, did her own housework and enjoyed life to its fullest.

**Irritation of
Suffering**

A woman, in Kansas (4292), wrote: "Except for a courage born of a desire to be of help to my family, I could not have borne the years of suffering I did." Many, reading this will realize how closely she expresses their own feelings. At seventeen years she had pneumonia and at twenty-three developed very bad heart trouble. When she was startled or unusually disturbed she became completely exhausted, unable to move her body. She had serious displacement of

the womb, and wore those awful instruments of torture, pessaries. The tubes were enlarged and full of pus. She was so thin and frail that they could be easily felt through the abdominal walls. Her physical suffering and mental agony led her into a state of constant irritation towards her husband and children. At times her weakness and pain were so intense that when away from the house she was compelled to crawl back—unable to walk. Her splendid physicians examined her thoroughly and advised removal of the tonsils, ovaries, and the Fallopian tubes, and stitching of the womb to the abdominal walls.

She learned what other sufferers had been able to do through the use of Viavi, began its use, and health gradually returned. An eruption on her face which caused a deep scar of long standing, practically disappeared with restoration of health. She wrote: "I have always felt able to express my gratitude until now, when I really feel my inability to be able to tell what the use of Viavi has meant to me."

**Abscess in
Fallopian Tube**

A woman, in Pennsylvania (3436), wrote that she was confined to her bed for five weeks, suffering untold agony. The physicians told the husband that they had done all they could. A specialist was called who diagnosed the condition as an abscess on the end of the tube which had grown fast to the large intestines, and advised an operation to save her life, to which the sufferer would not consent. Recalling her former beneficial use of Viavi, she again furnished it to her recuperative power.

During the first two months, while the recuperative power was eliminating impurities, she became very much discouraged because she suffered so greatly, but the thought that she was furnishing her recuperative power a means which it was using in the process of reparation, and that this suffering was a part of that process, encouraged her. After two months she was able to sit up a little each day, and after seven months did light

housework, ate and slept well, and felt as though life was worth living.

The Recuperative Intelligence This experience is a striking illustration of the intelligence and resourcefulness of the recuperative power in the processes it uses to accomplish its purposes. Here was an abscess on the end of the Fallopian tube, which, unless the pus could be discharged through the tube, into the womb and out through the vagina, would be discharged into the peritoneal cavity, and cause peritonitis and perhaps death. But as the opening through the Fallopian tube is small, it would hardly be possible to discharge the quantity of pus that formed, in this way. The recuperative power therefore adopted another expedient. It adhered the end of the Fallopian tube to the large intestine, making a passageway through the adhesion into the bowel; and through this the pus was discharged, and eliminated with the bowel contents. When the pus was all discharged, the inflammation subsided, and the recuperative power closed the temporary passage into the bowel and absorbed the adhesion. The specialist, when advising an operation, had recognized the adhesion of the tube to the bowel, but did not recognize Nature's wise purpose in forming the adhesion.

Eleven years later this woman wrote: "It is now twelve years since I was taken sick. I have never had any return of my old trouble and work hard every day." Eight years still later she wrote: "I have remained well and gladly add this endorsement to my former letter. I am now fifty years old, have passed through the change of life, which I always dreaded, without any trouble."

We have space for only a few of the letters we have received from women who suffered from ovarian and Fallopian conditions and restored themselves through the use of Viavi. But we shall be glad to send you these and others if you are interested or desire them. Address any Viavi office.

CHAPTER XXXII

SOMETHING ABOUT THE PERITONEUM AND PERITONITIS

THE peritoneum is a closed sac lining the abdomen and pelvis. In the pelvic basin it lies between the rectum and the womb, and between the womb and the bladder. It also forms a part of the ligaments that support the womb, ovaries, etc., which would lie helpless on the floor of the pelvis were it not for an ingenious arrangement of these ligaments to hold them in place and give them the freedom and ease they require.

Inflammation of any part of this extensive membrane is called peritonitis, and often results disastrously, and even fatally. It may be either acute or chronic.

Causes of Peritonitis

Acute peritonitis may be caused by an external injury, a blow, a fall, a penetrating wound, exposure to cold and wet, abortions, infection, unclean instruments in making examinations, and surgical operations. Inflammation may extend from the womb, Fallopian tubes, ovaries, bowels, bladder, liver or spleen.

Symptoms of Peritonitis

Severe, stabbing pain is always present in peritonitis, and is increased by the slightest motion or touch. The sufferer lies on her back with legs drawn up, using only the chest muscles in breathing, and avoiding all action of the abdominal muscles. Even the weight of the bedclothing may not be borne. No inflammation can exist in the abdominal and pelvic cavities without involving the adjacent parts of the peritoneum. The peritoneum possesses wonderful powers of absorption, and heals rapidly under proper conditions. Its

extreme sensitiveness is a frequent cause of death from shock.

**Acute
Peritonitis**

Acute peritonitis is dangerous, the danger varying according to the cause, complication, and extent. The minute vessels become filled with fluids varying in quantity and character, which ooze through the membrane. Sometimes the oozing is very extensive, and in consequence, the abdomen becomes greatly distended; but owing to the fact that the fluid is composed largely of serum, it is easily absorbed.

When the fluid is sticky and gluey the surfaces of the peritoneum may adhere, and sacs may form in which some fluid is retained. Strings or bands of adhesions may fasten the intestines together, sometimes causing strangulation of the bowels. The womb, Fallopian tubes, and ovaries also may be bound down by adhesions. (See the chapter about Adhesions.)

**Chronic
Peritonitis**

Chronic peritonitis has much milder symptoms than the acute. It is a prolific cause of adhesions, and at any time may light up into the acute form, proving highly dangerous. The pain is somewhat similar to severe inflammation elsewhere, but may be distinguished by a constant binding sensation with certain movements of the body.

**Her Life
Despaired of**

A woman, in Ohio (4535), wrote that Viavi came to her like an angel of mercy when her life was despaired of. Her trouble dated from a uterine laceration eighteen years before. As she neared the change, her whole system broke down. She suffered with stomach trouble, extreme palpitation of the heart, and peritonitis finally developed, causing almost unbearable suffering. She was bed-fast from October to March, at the end of which time three physicians said nothing but an operation could save her life.

While in this condition a friend who had restored

herself through the use of Viavi, led her to furnish it to her recuperative power. During the first six weeks she could see little change, and was disheartened; but with her husband's encouragement, she continued. After three months the recuperative forces caused a copious discharge of poisonous matter. Then the building process began. She continued the use of Viavi faithfully until her restoration was complete, and she wrote that it had been permanent.

**Peritonitis,
Adhesions**

A woman, in New Hampshire (4168), wrote of suffering with peritonitis and adhesions following the growth of a large fibroid tumor. Removal of all the organs was urged as the only hope of relief, but with no promise of restoration. Failing to obtain relief from the many means she had used, she was greatly discouraged. Learning of what others had accomplished through the use of Viavi, she began its use and restored her health. Later, she wrote: "I thank God every day of my life that I decided then, the question which meant life and health to me." Four years later she wrote: "My health is good. I have never had a recurrence of the old trouble."

**Peritonitis,
Abscesses**

A woman, in Missouri (2726), wrote that following a fall she had inflammation of the womb with terrible soreness through the abdomen, and abscesses in the vagina. Later she had general peritonitis, with severe pain in the appendix, followed by external piles and soreness in the rectum. She was led to furnish Viavi to her recuperative power. During the first few weeks its processes caused severe pain and suffering, but improvement was soon noticed; and continued until her health was entirely restored. She wrote that she is only too glad to tell others what she has accomplished through her use of Viavi.

**Tubercular
Peritonitis**

A woman, in the State of Washington (3938), wrote of her wonderful restoration to health through her use of Viavi. Twelve years before she was taken sick with what was called tubercular peritonitis. The real condition was not disclosed until an exploratory incision had been made. Two days after the stitches were removed the wound broke open and pus discharged. The sufferer was given electrical treatments every day for eleven months. The wound healed with the exception of two small openings, which healed from time to time, but caused such pain that it was necessary to open them again to allow the pus to escape. This condition continued until the abdomen was very tender, and the sufferer's condition worse than before the operation. Menstruation became excessive, and she lost greatly in weight.

She was led to furnish Viavi to her recuperative power because of what others had accomplished through this means. Improvement soon began, and fifteen months afterwards the incision was entirely healed; there was no more pain in the abdomen, menstruation became normal, she gained twenty-five pounds. and was very, very grateful to be a well woman.

**Necessary
Eliminations**

The reader will notice in how many instances it was necessary for the recuperative processes to eliminate quantities of impurities from the body. This is a part of the building process. It is not a reaction, but an intelligent effort on the part of the recuperative forces. A woman furnishing or refurnishing her house, first removes all accumulated dirt and dust, and then puts in the new furnishings or rearranges the old. So, Nature, in her way, eliminates impurities from the body as a part of the process of restoration. These letters describe the process. As the impurities are removed, improvement begins, continuing until restoration is complete.

We have space for only a few of the letters we have received from women who suffered from peritonitis and restored themselves through the use of Viavi. But we shall be glad to send you these, or others if you are interested or desire them. Address any Viavi office.

CHAPTER XXXIII

SOMETHING ABOUT ADHESIONS

IN health the peritoneum exudes a serum so that its slippery surfaces may rub against one another with frictionless ease. This free movement is essential to the health and proper function of the organs held in the folds of the peritoneum. Inflammation of the peritoneum often produces a glue-like lymph which causes the surfaces of the peritoneum that touch or rub to stick. Often this sticking becomes firm in a few hours, preventing free movement of the organs, and causing pain and discomfort. The adhesions here considered are those following inflammation of the peritoneum.

A Protective Measure	These adhesions are considered abnormal. But what might happen if Nature did not support the frail, inflamed tissues of the bowels, reinforcing them, as it were, by these adhesions? Might they not break and their contents escape into the peritoneal cavity, causing death from infection? It is true there is less movement of the parts, yet this may be very necessary in the natural recuperative processes. We bind broken ribs with adhesive bandages to render them immovable. We hold limbs in splints or plaster casts when they are fractured. May not Nature use adhesions for similar purposes? Adhesions have been absorbed when Nature had finished with them, when the body was in a sufficiently healthy condition to do this.
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Extent of Adhesions	As almost the entire length of the intestines is covered with the peritoneum, they may, through adhesions, become a matted mass. The ends of the Fallopian tubes may adhere to the bowels; or the womb, tubes, and ovaries may all adhere to the adjacent
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surfaces. The more extensive the inflammation the greater the extent of the adhesions.

As every uterine disease invites inflammation and adhesions, the wise course is to avert these before this complication arises. In addition to the usual inflammatory symptoms, adhesions cause a feeling of being bound. Pain is increased by motion. The arrest of any organ's movement interferes with its function, producing nervousness.

**Character of
Adhesions**

Adhesions depend upon the gravity, the character of the inflammation, and the depth to which it affects the tissues beneath the peritoneum. As soon as exudation begins, the absorptive processes of the system try to dispose of it. If these are sufficiently able, or the amount of lymph exuded is not too great, the lymph may be absorbed, and no adhesions result. If the amount exuded is in excess of that absorbed, adhesions may result, but often the adhesion is such that it may be absorbed or separated when assisted by a slight strain.

**Operations for
Adhesions**

The ordinary method of treating adhesions is to open the abdomen (see chapter on the Abdominal Walls), turn over and examine the organs, and if possible, loosen the adhesions forcibly. Such operations are often followed by deplorable consequences. Adhesions are being constantly absorbed in a natural way, without surgical interference, when the absorptive powers can be sufficiently aroused and aided.

Adhesions are sometimes used wisely by the recuperative power for very useful purposes, as for instance, when an abscessed ovary is fixed to the rectum by adhesions through which an opening is made and the contents expelled into the rectum. The opening is closed and the adhesions are absorbed. (See letter 3934 in the chapter about Insomnia, letter 3436 in the chapter about the Ovaries and the Fallopian tubes, and letter 644 in the chapter about Tumors).

When adhesions are recent, the condition is more like the sticking of sheets of paper together with mucilage, which, if pulled apart when the mucilage is soft, will only be united by stringy fibers. The fabric of the two sheets has in no sense united or amalgamated. In adhesions, an absorbable substance holds the surfaces together. The longer the inflammatory process persists, the more the tendency of adhesions is to become organized or transformed into low grade tissue. Hence, the dangers of neglecting conditions that may result in adhesions.

**The Natural
Process**

As the nervous system and the circulation become normal, the substance artificially holding the peritoneal surfaces together is absorbed. The rapidity of this process is proportionate to the activity of the recuperative forces and the duration and extent of the adhesions. Even without aid, the natural forces strive to absorb the adhesions, but when furnished a means they can use, do so more rapidly. The purpose of furnishing Viavi to the recuperative power is to give Nature a means she may use and some of the splendid results which have followed are told in letters we have received.

**Adhesions,
Tumors**

For instance, a woman, in Texas (1036), underwent an operation for fibroid tumor. A few years later, while pregnant, another tumor was discovered. Adhesions formed which bound her so that she could not lie on her right side. She became a nervous wreck, her heart troubled her, she could not sleep and was constantly nauseated. She suffered with backache and bearing down pains in her limbs. Menstruation occurred every two or three weeks, causing extreme suffering. The physicians who attended her advised an operation, but this she refused.

She was led to furnish Viavi to her recuperative power. When the recuperative forces began restoration she felt much worse, and would have given up had not her husband insisted that she continue faithfully. In a

few months, tumorous matter in small pieces was eliminated until the whole tumor passed away. The adhesions were absorbed, and she felt better and stronger in every way. Four years after restoration she wrote that there had been no return of her trouble, for which she feels exceedingly grateful.

**Extensive
Adhesions**

Another sufferer, in Nebraska (1700), wrote that she had suffered with a bad laceration of long standing. Her womb and ovaries were so enlarged that they had fallen backwards and were bound fast to the surrounding tissues by very extensive adhesions. One of the Fallopian tubes was filled with pus. She suffered with backache, nervousness, and headache. Menstruation was painful. She became a mental wreck, not caring whether she lived or died. Although treated locally for years, her condition grew worse. When an operation was suggested as the only means of relief, her good doctor would not operate, saying that she would be a corpse before it was through.

Discouraged and hopeless, she furnished Viavi to her recuperative power, and after a year and a half she had no backache, no headache, and no menstrual pains, her circulation was good, and she was healthy and normal in every way. Nine years later she wrote that her good health continued, and added that her daughter, in the meantime, had restored herself from painful menstruation through the use of Viavi.

**Adhesions
for Twelve Years**

Another sufferer, in Quebec (2287), wrote that after a careful examination, her doctor told her the womb had adhered to the rectum since her last confinement twelve years before. He endeavored to replace the womb but could not do so. A support was inserted but was removed in two hours because of the intense suffering. She grew steadily worse. A well known specialist was consulted, who advised an operation. He said the ovaries were greatly enlarged, and the womb retroverted and bound down by adhesions;

that to loosen them would be like tearing apart tissue paper which was glued fast.

Husband said, "Nonsense" An operation was arranged for but she would not submit, much against the advice of the doctor and her husband's wishes. She continued suffering, without much sympathy from either her physician or her husband. Learning through a neighbor of others who, having been advised to undergo an operation, had restored themselves without it through the use of Viavi, she told her husband about it. He was skeptical and said, "Nonsense," still urging the operation, but asked several doctors what they thought of Viavi. One replied that he had heard it was good. Another said he knew nothing about it, but added, "Try anything before allowing your wife to go under an operation."

The Important Question The husband, you will note, asked the doctors, What they thought of Viavi. This was because he had the usual conception; that the means used is the active agent in restoration. The important question with each sufferer is, "Can my recuperative power use Viavi?" and the experience of others is the soundest basis of its use.

Skeptical as he was, this husband consented, and helped his wife to use Viavi faithfully. There was a decided improvement at the end of the first year, and from that time on improvement continued steadily until every symptom disappeared. The husband often told other men of this experience, with the hope that their suffering wives might, through the use of Viavi, make the miracle of getting well their personal, individual, experience.

Fifteen years later this woman wrote: "My husband died four years ago, and through misfortune I was forced to earn my own living, which is not the easiest thing to do at the age of fifty-four. I am well and able to do much more work than when I last wrote."

**Womb Stitched
to Abdomen**

Because adhesions occur so frequently, and because you may not realize how they have been overcome without an operation, we give another illustration. A woman, in Washington, D. C. (4176), had a severe fall eighteen years before, apparently injuring her spine. Her physicians thought the lower part of the spine would have to be removed. Another physician diagnosed displacement with adhesions to the rectum. And the operation of stitching the womb to the abdominal walls was performed. The first time she stood up after the operation, violent pains occurred in the right side of the abdomen. Later, she was told a tumor had grown on the right ovary, and another operation was performed in which the tumor, the right ovary, and three inches of the intestine were removed. The wound did not heal and she was told the stitches in the intestine would have to be removed. She submitted to this third operation, and afterwards, was seemingly more dead than alive.

**Sister Urged Use
of Viavi**

A sister urged her to furnish Viavi to her recuperative forces, but having lost all confidence, she would not even listen, saying, "If all the physicians could not cure, what could be expected from Viavi?"

It is misleading to speak of physicians, remedies, or other means curing. They do not. The recuperative power in the body does the restoring. We can help it by creating the conditions it needs, and supplying the means it can use. The thousands who have regained their health through the use of Viavi did this.

**Sister Was in
Earnest**

This sufferer's sister was in earnest. She furnished the Viavi and the sufferer used it. For several months she was more discouraged than ever, for she seemed worse, and was given up to die. But those who loved her persevered in furnishing Viavi to her recuperative forces. After a time she began to gain, and

realizing this, used Viavi more faithfully, continuing until she was entirely restored. Writing seven years later she said she had remained well, and was so thankful that she wrote with the hope of helping other discouraged sufferers.

**Nature
Operates**

A sufferer, in Alberta (2757), wrote that she was delicate from childhood. Menstruation began at twelve years of age, causing intense suffering. This condition went from bad to worse. She married, but instead of being benefited as three of her physicians thought she would be, became worse, and an abscess developed on the right ovary. She was led to furnish Viavi to her recuperative power. For three months little difference could be seen except that she ate and slept better. Later, the abscess on the ovary which had enlarged and adhered to the bowel, broke through that adhesion into the bowel. This sufferer says, "All the surgeons in the world could not have performed the operation Nature did then, when these impurities were separated from that tender ovary and sent out of the body without any mutilation." From that time on her recovery was steady, and at the end of the year she weighed 132 pounds, and had gained one inch in height.

Later she wrote, "Although it is almost twelve years since I regained my health there has not been the least return of the trouble, and I have been a busy woman during that time." Still later, she wrote, "I am very thankful that I can say another five years have been happy and healthy ones for me. Although it is sixteen years since I used Viavi there has been no return of any of these troubles."

**Adhesions a
Bodily Product**

Adhesions are products of the organism, which, having the power to produce, must also have the power to remove. When the absorptive powers of the body are sufficiently aroused the adhesive substance may gradually and naturally be absorbed. As a conse-

quence, pain disappears, comfort is secured, and the organs hitherto bound down and cramped, find their natural places. Many a sufferer whose womb was held down by adhesions, producing distress and painful menstruation has restored its freedom, and the distress and pain have disappeared. Through the use of Viavi by the recuperative power, these disabled organs have been so completely restored that they perform their functions normally. If these sufferers have succeeded in doing this, why may not you do the same for yourself?

CHAPTER XXXIV

SOMETHING ABOUT THE ABDOMINAL WALLS, THEIR IMPORTANCE AND FUNCTION

FIRM, taut abdominal walls, are essential to health. The flabby abdominal walls, so often found in women, are often traceable to tight lacing, clothing improperly supported, frequent pregnancies or lack of proper exercise. When the abdominal walls are weak, the abdominal and pelvic contents are imperfectly supported, and sag out of position.

Restoration of their tone and use should be earnestly sought; for tense, firm abdominal walls are just as necessary to health as a strong spinal column.

Vital Uses of the Walls

The muscles of the abdomen are wonderfully and beautifully arranged for the purpose of securing strength and harmony in the work done by them in holding the internal organs. They are powerfully exercised in all expulsive efforts, such as expelling the child during labor, the feces from the rectum, the urine from the bladder, and the contents of the stomach in vomiting. They are also largely used in breathing, laughing, coughing, sneezing, singing, talking, and in all movements of the trunk.

Benefits of Strong Walls

Displacement of the womb and ovaries seldom exists alone; a sagging of the abdominal contents is generally present also, because the pelvic and abdominal cavities are not separated by a partition, but constitute one cavity; hence, what affects the contents of one affects the other. The X-ray and the fluoroscope enable one to actually see the abnormal depression of the abdominal and pelvic contents, commonly called

ptosis; and through these the necessity of strong abdominal walls and unimpaired ligaments to hold the uterine organs and bowels in their natural position is more fully and vividly realized.

Lax abdominal walls, ptosis of the bowels, and weak uterine ligaments contribute to constipation, dyspepsia, palpitation of the heart, impeded respiration, kidney trouble, nervousness, and other disturbances.

**Injury to the
Abdomen**

Every one is familiar with the great weakness that exists when the walls of the abdomen break, known as abdominal hernia or rupture, which often necessitates the wearing of a truss to keep the viscera in place. In operations, an incision in the abdominal walls is usually made in the region of the groins, or down the center of the abdomen along what is known as the linea alba, meaning a white line, which is somewhat tougher than muscle-tissue. The abdominal walls include several muscular layers which cross in various ways so as to give additional strength, terminating in this white line. When an incision is closed by stitches, in the most skillful and cleanly manner, the recuperative power must do the most necessary thing of all, namely, heal the wound. Often, the abdominal wall is left in a pitifully weakened condition, necessitating the wearing of an abdominal bandage for years. Sometimes large festering holes remain, a constant menace. Physical degeneration results—every function is more or less disordered, and the nutritive process deranged. Functions thus impaired are not irreparably suspended or lost. They have been regained and the normal functions of the abdomen resumed by the recuperative forces when furnished with Viavi, as will be seen in the following letters.

**Rupture from
Operation**

A woman, in Arizona (892), wrote that she had an operation for a thirty-eight-pound cyst which had adhered to the right side of the abdominal walls. Three years later, during child-birth, a fibroid

tumor was found in the womb, but she would not consent to another operation as she was still suffering from a rupture in the right side following the former one. She furnished Viavi to her recuperative power for a period of nearly three years. Eleven years later she wrote that the tumor had been absorbed and eliminated, and that she had never had any return of her trouble.

**Hernia or
Rupture**

Rupture, or hernia in the abdominal walls comes when the muscular tissues do not grow together at birth, or, afterwards when separated by some strain upon the abdominal walls as in pregnancy, childbirth, or lifting something heavy. When the muscular walls separate, the opening can be felt through the skin, which forms the outside covering. Through these openings the bowels protrude, the lump being covered by the peritoneum or lining of the abdomen, and the superficial tissues and skin.

**Strangulated
Hernia**

This lump, containing a portion of the bowels, can usually be pushed back into the abdomen when one is in a recumbent position. When a loop of the bowel is pushed out and filled so full with fecal matter that it cannot be replaced, it is then called a strangulated hernia. The more common forms are hernias about the navel, in the middle of the abdomen between the navel and pubic bone, and in the groins. Femoral hernia is one which forms in the femoral canal just below the crease between the abdomen and leg; usually it is very painful and annoying.

**Abdominal
Rupture**

A man, in England (920), wrote that he had been unable to follow his occupation for over three years because of suffering from abdominal rupture, pains in the region of the heart, and collapse at night. He was unable to raise his left arm or walk more than a few yards. During the three year period of his illness he had taken a sea voyage, had been treated at Hydros,

and by splendid physicians, who finally informed his nurse that he could not live six months.

He was led to supply Viavi to his recuperative power. His heart being very painful, he was confined to bed for the first few days, but in about two weeks normal movements were established, and a gradual improvement followed. He wrote, "The use of Viavi saved my life."

**Nervous
Wreck**

A woman, in Illinois (881), wrote that she suffered with a very bad rupture, severe headaches, and indigestion. She learned what others had accomplished, and not wishing to undergo an operation, furnished Viavi to her recuperative power, and grew stronger in every way. Becoming pregnant, she enjoyed good health, did all her housework the entire term, and gave birth to a fine baby boy. One month after the baby's birth she was doing all her housework.

Childbirth is one of the severest tests that can be given to the thoroughness of restoration from hernia. This sufferer has had no indication of the rupture since the baby's birth. She is happy and glad that she was able to restore herself in a natural way, instead of submitting to an operation.

**Baby's
Rupture**

A mother, in Iowa (2920), tells about her baby who was ruptured, upon whom she used Viavi. Speaking of the baby she says: "She is just fine. Her rupture has healed nicely, her digestion is now splendid, and of course, we are happy over the results."

**Removed Truss
and Pessary**

Another woman, in Ontario (1116), suffered with hernia, wearing a truss sixteen years. She also wore a pessary two years for prolapsus. She was led to furnish Viavi to her recuperative power and soon after, removed the pessary. Continuing the use of Viavi, her health was perfectly restored, she entirely overcame the hernia, and discontinued the use of the truss. Ten

years later she wrote that although she was passing through the change of life, she did not have any of the usual discomforts; and that Viavi has been worth its weight in diamonds to her because of the splendid health she obtained through its use.

**Hernia for Thirty
Years**

A man, in California (3023), wrote that he suffered hernia for thirty years. A friend, having known a man who had restored himself through the use of Viavi, led him to use it. He restored his condition completely, and three years later wrote that he had had no return of the trouble since, and feels that his money had been well spent.

Babies are sometimes born with a rupture. A mother, in Canada (1201), wrote of her baby having a navel rupture from birth. She used Viavi until the rupture healed entirely.

We have space for only a few of the letters we have received from men and women who suffered from hernia or weak abdominal walls and restored themselves through the use of Viavi. But we shall be glad to send you these, or others, if you are interested or desire them. Address any Viavi office.

CHAPTER XXXV

SOMETHING ABOUT PREGNANCY, THE PROCESSES INVOLVED, AND THE CONDITIONS EXPERIENCED

IN becoming a mother a woman experiences the crowning privilege of her life. It is then that she accepts partnership with God. Upon a woman's conduct and health during pregnancy depends largely whether the child shall be a blessing and comfort, or a burden and reproach to her.

**Processes of
Pregnancy**

The processes involved in pregnancy are: Ovulation, or extrusion of the ovum (egg) from the ovary; impregnation, or the entering of the male germ into the ovum; gestation, or the development of the egg in the womb; and parturition, or the birth of the child. Mystery surrounds the processes of ovulation and the time and place of conception. During pregnancy menstruation generally ceases, although there are exceptions. The ovaries are relieved of their monthly function, and all the activities of the reproductive system are centered in the development of the new life.

**Reckoning Time
of Delivery**

The duration of normal pregnancy is nine calendar months, ten lunar months or about two hundred and seventy-five days. To foretell the exact date of parturition is very difficult and uncertain. The best rule, although uncertain, is as follows: First determine the exact day when the last menstruation appeared; then count backwards three months and add seven days. For instance, a woman's last menstruation appeared on the twentieth of August. Counting backwards three months would take her to the twentieth of May, and adding seven days would make the date of delivery the twenty-

seventh of May, or very close to it. As a rule, the shorter the period of gestation, the less the vitality of the child.

**Kinds of
Pregnancies**

When the impregnated ovum lodges and develops in the womb, it is a normal or uterine pregnancy. It is single when the uterus contains one fetus; double when it contains two. It is a complicated pregnancy when a tumor or dropsy or other abnormal condition exists in addition to the pregnancy.

There are four varieties of extra-uterine pregnancy; ovarian pregnancy, or development of the ovum within the ovary; peritoneal pregnancy or development of the ovum in the folds of the peritoneum due to failure of the ovum to pass into the tube; tubal pregnancy, or development of the ovum in the Fallopian tube; and interstitial pregnancy, or development of the ovum in the wall of the womb instead of within its cavity. False pregnancy means an enlargement of the abdomen when no living fetus is present.

**Changes in the
Womb**

From the time of impregnation, the womb begins to prepare for its guest. By the time that the egg enters the womb, the lining is arranged in soft velvety folds to serve as a bed for the honored guest. The ovum throws out villi, or hair-like rootlets, which grow into the uterine lining. During the first three months the womb remains in the pelvic cavity, a little lower than usual. It gradually rises into the false pelvis, which is more commodious, and at four and a half months lies entirely there. Then a "quickenings," or life is felt, which, as a rule, indicates that half the period has passed.

**Changes in the
Mother**

As pregnancy requires the mother to nourish two lives, important changes occur in the systems and organs of her body. The new life must live as she does. Its growth involves nourishment, circulation,

repair, waste and a kind of respiration, and the manner in which these functions are performed determines the health of the child.

The quantity of the mother's blood is increased and changed. As the heart has more work to do, it increases in size about one-fifth. If the mother nurses the child after birth, the heart still remains enlarged, for the work of preparing milk requires more blood and a stronger heart to keep it moving properly. The spleen and liver increase in size. The power of the lungs is increased. The mother must furnish nutriment for two, and although the appetite is likely to be capricious in the earlier months, it later steadies itself, and increases. Her body gains ten to fifteen pounds in weight besides the increased weight of the womb. This gain is greatest in the last two months. The skin increases its eliminative powers, and the urine also increases, possibly for a similar reason.

A pregnant woman is keenly impressionable as the nerves become highly keyed. She may become fretful, irritable, and unreasonable. Her whole nature demands the best consideration, care, and sympathy. If she is in poor health, depression, melancholia or mania may develop; and there is nothing sadder than a deranged woman in the act of child-bearing.

**Normal
Pregnancy**

In health the mother is able to undergo the wonderful changes that occur, without distress. The nervous system is in normal control of all the functions so that these are performed properly. There is a nervous stability that promotes peace and strength of mind. The circulation is full and regular, that nutrition of both mother and child is complete. As pregnancy progresses there is a healthy enlargement of the womb. At term, the womb is given strength to expel the child naturally, so that prolonged and exhausting labor and the use of instruments, dangerous to mother and child, are avoided. The tissues of the womb, including the cervix, are healthy and elastic, to avoid

laceration. The membrane uniting the placenta to the womb disintegrates normally so that the placenta is naturally expelled after birth, and does not have to be torn away with instruments.

**After
Delivery**

Following delivery, a healthy womb contracts normally so that the ruptured blood vessels are promptly closed, and dangerous or fatal hemorrhages avoided. The womb returns to its proper size by the absorption of the extra amount of tissue taken on during pregnancy. All these processes and changes are natural. They are under the direction and control of a power wiser than we are. We speak of that power as the recuperative power. It is the testimony of a very great number of women that the use of Viavi before and during pregnancy gave them a comfortable pregnancy and a safe and easy delivery, at term.

**A Desired
Pregnancy**

For example, a mother, in Ireland (2517), wrote to tell about herself and what the nurse called "a very forward baby,"—healthy, bright, and intelligent. This mother suffered from leucorrhea which was a drain on her strength. She mentioned it to her physician who replied, "Ah, nearly every woman has that," giving the impression that this drain was not inconsistent with health; and so it was allowed to continue. She had been married for nearly two years and had not been able to become pregnant, which both she and her husband desired.

She furnished Viavi to her recuperative power, and in a short time completely recovered her health. The leucorrhea ceased, and pregnancy occurred. She continued the use of Viavi until the day of delivery and had an excellent time in every respect. Although this was her first experience of motherhood, the nurse told her that her suffering was slight compared with other women. She had no aches or pains during convalescence, and in writing said her splendid health continued.

A Normal Pregnancy A woman, in Canada (3153), wrote: "Few mothers passed through more agony than I did in bringing my first two children to birth." Having read of the benefits other mothers had secured, she used Viavi during her third pregnancy with the following results: No sick headaches, no sick stomach, no bandaging of varicose veins as was necessary in former pregnancies, and no discomforts of any kind.

At delivery she felt a few slight cramps during the afternoon. She took a bath at 5 p.m. and at 7 p.m. telephoned for the doctor. She was in the hospital at 7:30 and kept on her feet until 8:30 and was in bed possibly five minutes when a couple of pains severer than the others were experienced. The organs relaxed, and the babe was born. Doctor and nurse were amazed. Her recovery was just as wonderful; she had no temperature, was home on the eleventh day, and was as strong at two weeks as she was at two months with her other children. She wants expectant mothers to know what the use of Viavi meant to her, in accordance with this motto, "Have you had a kindness shown, pass it on."

Easiest Birth of All A woman, in Pennsylvania (3440), wrote that she had suffered with nervousness all her life. She had four children, and the doctor said that she could not live through another childbirth. He advised an operation which she consented to undergo, but learning of Viavi, supplied it to her recuperative power. Her general health improved greatly, and eighteen months later she gave birth to a baby girl, which she says, was the easiest birth of all.

Only Two Hours in Labor A mother, in Kentucky (4494), wrote that she was in labor for eighteen hours during the birth of her first baby who later died. She was lacerated and the womb became prolapsed, causing intense suffering. A friend led her to use Viavi. Her health gradu-

ally recovered, and desiring a baby, she became pregnant again. She suffered very little, and was in labor only two hours, giving birth to a plump, healthy baby. Her physician said that the laceration of her first confinement was completely healed.

**Despaired of
Motherhood** A mother, in Virginia (1202), wrote that she had been a nervous invalid for nearly ten years and did not expect to be able to bear children. She

furnished Viavi to her recuperative forces and became well. She later became pregnant, was in perfect health during the entire pregnancy, and although thirty-six years old at her first confinement, was in labor only six hours. She used Viavi during a later pregnancy, with even better results, as she was in labor just two hours.

**The Right to be
Well Born** It is of the greatest importance for a mother to be in the best possible health when she bears children, not only for her own physical constitution, but better, for the sake of the children, because their whole lives reflect their physical start. While the use of Viavi has done much for the pregnant woman, it has helped to do even more for the unborn child, whose greatest right is to be born well. "Viavi babies" are well-developed, healthy, and strong. This is especially noticeable in the firm muscles and strong spine of the child whose mother had a thought for its welfare as well as her own before its birth.

**A Baby
Acrobat** For instance, a mother in California (4006), wrote that she used Viavi during pregnancy, and after the baby was born. Her baby is a most remarkable one. At two months he sat alone, at five months could "chin" himself on the bars. At six months he learned to swim, and the latter part of his seventh month started to walk, talk, and perform on the gymnasium bars and rings. He turned somersaults, could walk on his hands, and had a wonderfully developed

back. At eight months he passed an eighteen months mentality test, and was one hundred per cent perfect. At eleven months he was appearing in motion pictures as the World's Champion Baby Acrobat and Perfect Child. Send for a printed copy of this letter with a picture of this little fellow.

There is no time in which a mother may do more for her child than before and during pregnancy, by being well herself that her children may inherit a healthy body.

Pregnancy
After Nine Years A woman, in Georgia (4492), wrote that she had never been well since menstruation began. The flow was always scanty, and she suffered terribly at each period with headaches, and pains in the ovaries and back. She treated with many splendid physicians but with no relief. Although married nine years, and anxious to become a mother, she had never conceived because she was undeveloped. Her aunt, who had used Viavi, and secured wonderful results through its use, led her to use it.

She gradually improved and regained her health, and as she expresses it, "the most wonderful thing in the world happened to her." She became the mother of a little girl, labor was normal, she felt well and strong, and the baby was all a baby should be—well in every way. The use of Viavi has brought much happiness to that home.

Blessed by
Lovely Daughter A mother, in Canada (2285), wrote that although she had been married several years, no little one came to bless their home. An operation had been suggested as the only means, but she would not consent to this. She had used other treatments which her physicians advised, but with only temporary relief. A friend led her to realize how the recuperative forces of other sufferers had used Viavi with good results, so she began its use. After two years a bright, lovely baby

came to bless their home, and the mother wrote that she had never felt better in her life.

**Three Natural
Confinements**

A woman, in Kansas (3135), wrote that she suffered a nervous breakdown resulting from overwork and study.

While teaching she became nervous and irritable, and suffered with sick headaches and vomiting at the menstrual periods. The left ovary became painful, the left breast enlarged, and several lumps could be felt. The womb was tipped forward on the bladder, and the glands on the left side of the throat were badly enlarged.

Removal of the breast was advised, but the thought of an operation was revolting to her, and she determined to find another way. She furnished Viavi to her recuperative power and in a few months the congestion in the ovaries began to decrease. The pains in the ovaries and limbs ceased, the enlargement in the throat and the lump in the breast gradually disappeared, and in fifteen months she became a well woman.

She later became pregnant, and furnished Viavi to her recuperative power throughout her pregnancy. Her health was perfect during the entire time, she was able to walk many blocks daily, had no swelling of the legs or other discomforts. Her confinement was natural; there was no laceration or difficulties of any kind. Later she wrote: "I have been twice blessed since then. I went through these confinements even better than my first one."

**Child-Bearing Not
a Disease**

If an unhealthy woman should become pregnant, effort should be made to restore health. By far the better plan for a married woman is to be ready for pregnancy at all times. Childbearing is not a disease nor a thing to be dreaded; it is natural and brings happiness. It is capable of being experienced without undue distress, without risk to life, without apprehension or repugnance, and without surgical interference with its accompanying dangers and terrors.

**Uses of the
Placenta**

Nature provides for the nourishment and respiration of the fetus by the development of the placenta, or after-birth. The maternal side is closely attached to the uterine walls. To the fetal side is attached the umbilical cord which arises in the placenta and terminates at the navel, or umbilicus of the child, where its blood vessels communicate directly with the blood vessels within the child's body. The average length of the cord is from twenty-one to twenty-three inches. The average size of the placenta is six inches in diameter, three-fourths of an inch thick at the center. It tapers to a thin edge.

A short time before delivery, fatty degeneration of the tissues between the uterine walls and the placenta takes place. When this does not occur, the placenta adheres and the hand must be introduced to tear it loose. If the operating hand is unclean, or particles of the placenta are left adhering, blood poisoning may result. There is always danger of hemorrhage by delay of the contractions closing the blood vessels.

As the child depends entirely upon the mother's blood for nourishment, it must not only contain sufficient nutriment, and be properly purified, but must circulate normally to bring forth a healthy, well-developed child. The purpose in using Viavi during pregnancy is to assist Nature to provide not only the best nourishment out of the food material furnished to the blood, but its normal circulation and purification.

**Care During
Pregnancy**

The pregnant woman should be examined carefully at frequent intervals by the one who is going to attend her at confinement. Many mistakes and much suffering may be thus avoided. All the intelligence that a woman and her husband can bring to bear are needed during her pregnancy. It is a time when every fine sentiment of manhood is appealed to, and when every resource of the woman's cheerfulness and hopefulness should be employed. Everything disagree-

able or burdensome should be removed as much as possible. Generous allowances should be made, as the direct happiness of two lives is involved in the care that a woman receives at this time. While a very strong obligation rests upon the husband, the woman herself is in no sense relieved of the greater obligations that Nature has imposed upon her. It is her own conduct, more than any other, that determines the issue.

**The Wiser
Way**

Women are often advised to invite pregnancy as a cure for ovarian disease. It is true that the function of ovulation is suspended during pregnancy, and its absence may be most helpful. But the reader will notice that following the use of Viavi during pregnancy, many women who had previously suffered with ovarian troubles, had normal pregnancies, normal births, and emerged with perfect health. The recuperative forces of the body, having the experience of ages, know how to do what has to be done to restore health. You can trust them to do the best thing. But you must help by furnishing the means they need. That Viavi has been that means for thousands of sufferers is evidenced by the results these sufferers obtained. We have space for only a few of the letters we have received from such women. But we shall be glad to send you these and others if you are interested or desire them. Address any Viavi office.

CHAPTER XXXVI

SOMETHING ABOUT LACERATION AND THE EFFECTS THAT FOLLOW

A CERVICAL laceration is a tearing of the os, or mouth of the womb. The orifice of the womb is surrounded by muscular rings or bands, which when healthy, are capable of great distension. The mouth of the womb is so small that it feels like a dimple to an examining finger, and is abnormally large when the end of the finger can be inserted. If the os feels elongated or slit to the touch, a laceration exists.

Cause of Laceration

A good idea can be obtained of the expansion necessary to allow the passage of the child by comparing an opening that would admit a small pea with one that would accommodate an infant's head. The os is opened outward from within by the gradual, dilating pressure of the bag of waters which precedes the child's head. The tissues when rigid and unyielding, instead of expanding, are lacerated, at childbirth. If they are soft and flabby, they also may be easily torn. In the healthy os the muscular rings are elastic, and such a condition is the best protection against laceration at childbirth.

Effect of Laceration

At delivery the neck of the womb is merely a thin fleshy ring, but if these tissues do not stretch sufficiently as the child passes, they are torn. The torn portions of the womb become swollen and turn outward, exposing the ragged ends of thousands of sensitive nerves and tissues. A hard scar tissue gradually forms upon the torn surfaces, which irritates the ends of the lacerated nerves, causing backache, headache, and

nervousness. This hard scar tissue prevents the womb from returning to its normal size.

**Abnormal
Changes**

When conditions are normal, the womb, following delivery, decreases to a size a little larger than a virgin womb. Laceration interferes with this process. The delicate membrane lining the neck of the womb is more exposed to, and in contact with the vaginal walls, which may prove a source of irritation and infection. The more extensive the laceration, the greater the amount of scar tissue causing the womb to remain enlarged and heavy; and being enlarged and heavy, it becomes displaced more easily, bringing a train of ills, among them, menstrual anomalies, ovarian, rectal, and bladder diseases, leucorrhea, headache, nervousness; and serious ulceration of the cervix may follow.

**How the Tear
Heals**

Those who have been told that it is necessary to hold the torn surfaces of the lacerated womb together while healing, either by stitches or other mechanical means, often fail to realize that the lacerated womb is an enlarged one and that as the scar tissues are absorbed, the womb decreases in size, and the laceration and the womb both decrease proportionately. To illustrate: A tear one inch in length in a womb four times its normal size, becomes one-fourth of an inch in length when the womb decreases to its normal size. The edges of the tear become rounded and the mouth or os is but slightly larger than normal. As you read the following experiences remember that the size of the tear decreases as the womb becomes smaller, and that the reduction and the healed laceration were seen by the attending physician.

**Laceration Inch
Long Healed**

A mother, in California (817), writing of her use of Viavi, says: "I was examined by my doctor in August. There was a laceration at the neck of the womb an inch in length. The womb was much

enlarged, and tipped backward. The tissues were terribly ulcerated, and the parts had lost all sensitiveness. I began using Viavi, and in October of the next year was again examined, and my doctor said my improvement was greater than he had thought possible in that length of time. The womb had decreased one half in size. The laceration was smaller and I was better in every way. I continued the use of Viavi, and fifteen months later was once more examined. My doctor found the laceration healed, the womb healthy, and in proper position.”

**A Double
Laceration**

A minister's wife, in Prince Edward Island (978), wrote that she married very young, and enjoyed perfect health until her first confinement. For years after she never knew what it was to be well a single day. The mouth of the womb was torn so severely that her physicians declared she could never have another child as the uterus could not hold it. They also said that the perineum (that tissue between the vagina and rectum) was completely torn, the two passages (front and back) had become one, and the rectum was split upward nearly two inches.

A later confinement was followed by an abscess in the right Fallopian tube, which eventually broke. This unhealthy condition gradually grew worse. Examinations by a specialist revealed the womb to be enlarged, and the Fallopian tubes and ovaries enveloped in adhesions. Two operations were said to be necessary; one to remove the womb and ovaries, and the other to repair the lacerated perineum. As her heart was very weak, the sufferer was ordered to bed for six or nine months that she might become strong enough for the operation. The local doctor daily replaced the womb which was bound to the back by adhesions.

**The Steps to
Restoration**

At the end of three months there were serious hemorrhages; another consulting physician ordered her to the hospital to have the organs removed as

soon as possible. The family doctor and her mother, a nurse, decided she could not stand an operation, so she was kept in bed to gain more strength.

A neighbor who knew of Viavi, led her to use it. The second night of its use she fell into a sweet, restoring sleep. Recovery began, and at the next period there was no hemorrhage. In six weeks she could sit up. Her dear old doctor watched her and encouraged her to continue the use of Viavi as his examinations revealed that the local conditions were improving and the parts healing. In six months she was able to travel sixty miles. Later her physician examined her again. He found the laceration so small that it was almost imperceptible, the adhesions gone, and the womb in its place.

She later gave birth to a healthy, baby boy. The doctor then said the organs were in a perfect condition, except the lacerated perineum. In the spring she had fifteen stitches taken, and the surgeon stated that the laceration of the womb was almost closed.

This woman, being a minister's wife, had many demands made upon her, but she continued well. She is thankful to possess all of her organs, and feels that she owes this to furnishing Viavi to her recuperative power.

Laceration of the Perineum There is a distinction between laceration of the perineum and laceration of the womb. The perineum is the tissue between the vagina and the rectum. Laceration here may vary from a mere slit to several inches, extending into the rectum. The two passages become one, causing much discomfort. The difference of conditions existing in laceration of the perineum and laceration of the womb must be clearly understood.

The tissues of the perineum are not thick as in the womb. When the laceration of the perineum (usually spoken of as an external laceration) is small, it usually heals over and the tissues become thicker. When the tear is longer, nothing but an operation can hold the torn edges and surfaces of this muscular tissue together.

**Laceration
of the Womb**

The same conditions do not exist when the womb is torn. The lacerated womb is always enlarged, and as it decreases in size, the tear decreases in proportion, as has been explained. In the sufferer's experience just related, the laceration in the womb healed without an operation because it became smaller as the womb returned to its normal size.

In the first perineal operation, the stitches, as they often do, tore out and it was necessary to have the second operation years later. Meanwhile, through the use of Viavi, the tissues became more healthy, the stitches held, and the parts grew together. The laceration of the womb needed no stitching because as the womb and tear decreased, the edges became rounded and the opening so small that an operation was thought unnecessary by the doctor.

**Entirely
Healed**

Another instance in which the physician's examination showed a healed laceration, is told by a woman, in Pennsylvania (3890). She wrote of suffering for thirteen years from a laceration which occurred at the birth of her first child. The womb was greatly inflamed and bled at touch, and she suffered intensely with itching, and nervousness. She had no appetite, and grew very weak. Her physician said an operation was absolutely necessary, but instead, she furnished Viavi to her recuperative forces.

After two years' use of Viavi she asked her physician to examine her. After the examination he said, "I consider you a very well woman; the laceration is entirely healed, and all other troubles cured." Eighteen years later she wrote that she had had no return of her troubles.

**A Severe
Laceration**

A sufferer, in Missouri (3650), wrote that her trouble dated from the birth of a twelve and a half pound baby. She sustained a bad laceration, followed by an enlarged condition of the womb which be-

came displaced. She suffered intensely. Several physicians, making an examination, said it would require many stitches to repair the tear, and, because of the unhealthy conditions present, they might not hold.

**No Trace of
Laceration**

Like others, this sufferer did not want an operation if she could avoid it, and used Viavi with that hope. In a short time improvement began, friends remarked about the change in appearance, and she gradually became entirely well. After using Viavi a year and a half, she was examined by a physician who told her that there was no trace of the laceration. In fact, he said the womb was in such perfect condition it was almost unbelievable that a tear had existed. Twenty-two years later she wrote that her good health had continued.

**Laceration
Healed**

A woman, in the State of Washington (4136), wrote that she could scarcely walk, due to inflammation of the womb and bladder. She was so nervous that it was thought she would lose her mind. Failing to restore her health through any other means used, she used Viavi, and in a year and a half felt herself completely restored. Twenty years later, ten years after her fourth baby was born, a tumor was found to have grown upon the lacerated surfaces, for which an operation was advised.

**She Again Used
Viavi**

Knowing the benefit formerly secured through its use, the husband encouraged her to use Viavi again before submitting to the operation. Being in such poor health, there was much for the recuperative power to do, and progress was slow. The tumor passed away at the menstrual periods, and health was gradually regained.

After using Viavi for a year and a half, she went to her doctor for another examination. He said the laceration had healed, and the tumor was gone. In closing her

letter this woman says: "No words of mine could make you know how much we owe to my use of Viavi. My husband believes its use saved my mind as well as my life."

**Why Nature
Cleanses**

It will be noted that the recuperative power often eliminates impurities, after the use of Viavi is begun, before other signs of improvement are seen. It must do this before the body can begin to get well. While this cleansing process may be accompanied with suffering, it should always be welcomed as an indication that progress is being made.

A woman, in Georgia (4532), wrote that she was a strong, healthy girl until laceration occurred at the birth of her first child. A second childbirth made her condition worse, although under the care of splendid physicians. She underwent an operation for laceration, and removal of the appendix and a cyst from the right ovary. Severe flooding attacks followed every two weeks which greatly weakened her. She suffered with pains in the ovary and in the lower part of the spine, and, with headaches in the back of her head. She was advised to undergo an operation, but instead furnished Viavi to her recuperative power. In a few months the flooding decreased, she began to feel better, and health was gradually regained. On their tenth anniversary her husband remarked that she "looked younger than she did when they were married."

**Five Operations
Five Failures**

A woman, in California (2162), wrote that she was badly lacerated when her first child was born twenty-five years previously. She was operated upon at that time, and nine years later underwent five more operations, following which, she was practically an invalid. Six years prior to the date of writing, some friend induced her to furnish Viavi to her recuperative power. Always having the thought of how much effort and money had been spent without deriving any benefit, her hope of improvement was not strong. After six

weeks' use of Viavi, however, she began to improve, and in less than a year was enjoying better health than she had since girlhood.

**Laceration,
Nervousness**

A woman, in Kentucky, (4486), wrote that she had an operation for laceration of the womb. Her physician told her that she also had a tumor which was not removed at that operation. She grew very weak and nervous, and suffered severely at the menstrual period. She furnished Viavi to her recuperative power, and restored her health. Two years later her doctor examined her and reported the tumor gone.

**Without
Operation**

Not every sufferer from laceration advised to have an operation as the only means and hope of restoration or relief, has followed such advice. Many such sufferers have furnished Viavi to their recuperative power and become entirely well, the laceration healing without an operation. Among many who have written us is a woman, in Alabama (1346), who suffered from laceration of the uterus, ovarian trouble, and leucorrhea. Her physician advised an operation, but she furnished Viavi to her recuperative power instead. Her health was regained, and she later gave birth to a fine baby boy, the healthiest of six. Six years later she wrote that she continued well.

**Laceration Due
to Instruments**

A woman, in England (2528), wrote that she suffered from extreme nervousness, and had a continuous offensive discharge from the vagina. A specialist called in consultation, said the cervix was lacerated, caused by the use of instruments at her first confinement. For a time she submitted to cauterization, which made the parts black and hard like cinders, causing great suffering. A year later the discharge and all the disagreeable symptoms returned, and she grew very disheartened.

She was led to use Viavi, but as there was much

for the recuperative power to do before the building process could begin, improvement was slow. However, she continued its use until health was restored, and later wrote: "I cannot be thankful enough I ever began it. I am indeed a new creature. Instead of being yellow and wrinkled, I have a clear complexion, the lines have gone, and I feel bright and equal to anything."

**Feared Loss of
Mind**

A sufferer, in Texas (3409), who had scarcely known a well day for eighteen years, wrote that five physicians diagnosed laceration, enlarged uterus, fibroid tumor, polypus growths, and inflamed ovary. She had always had a horror of operations, but being told it would make her a perfectly well woman, consented, in sheer desperation, to be operated upon. The operation was considered a perfect success, and for two months afterwards she took the best care of herself. Then one flooding spell succeeded another. She had a constant discharge between the periods, and the burning, throbbing pain in her side was so terrible that she thought she would lose her mind. Her physician suggested another operation for removal of all the uterine organs and the appendix, to which she would not consent, believing she would never leave the operating table alive.

**Borrowed the
Money**

A woman whom she had previously nursed, and who had restored her health through the use of Viavi, led her to supply Viavi to her recuperative power. She was obliged to borrow money with which to purchase Viavi, and began its use with little hope other than she might prolong her life as five children were dependent upon her for support. At first the recuperative forces discharged much impurities from the body, and she seemed worse; but little by little improvements were noticed. The flooding spells lessened, the pain in the head disappeared, and in about ten months a cystic tumor passed. Later a fibroid tumor passed

away in small pieces. After two years' use of Viavi she was completely restored. Twelve years later she wrote: "I am now fifty-two years of age and am still enjoying perfect health; have passed through the change of life without any trouble whatever. I consider it wonderful that I should be perfectly well after eighteen years of suffering."

A woman, in Oregon (3968), wrote **Lacerated Twenty-two Years Before** that her trouble began twenty-two years before with laceration at the birth of her second child. The womb was inflamed, enlarged, and prolapsed. A support was worn, but was discontinued, as it irritated her greatly. She became nervous, irritable, and melancholy. In spite of two years' local treatments she grew worse until an operation was urged as the only hope left. A neighbor suggested the use of Viavi, and she asked her physician about it. He told her it would do no good because it was necessary to cut away the scar tissue which had formed over the torn surfaces of the laceration, to sew the torn parts together, also necessary to shorten the ligaments, which had become badly stretched, several inches, to lift the womb into position. Since he discouraged the use of Viavi, the operation seemed the only possible way to restoration.

Discouraged Operation Meanwhile she became pregnant, and carried the child full time, but the baby died shortly afterwards. As her own physician had gone on a trip, she was confined by another physician who also urged an immediate operation, so the sufferer consented. The day before the operation was to have been performed, she was passing the door of her family doctor's office, and hearing his voice went in. He was shocked to see how much worse she had grown. He got in touch with her husband and told him not to allow an operation if he expected to bring her back from the hospital alive; so it was postponed.

Her husband encouraged her to furnish Viavi to her recuperative power. As her condition was serious, it took time to restore normal conditions. Slight improvements were soon noticed, and she gradually grew back to health, notwithstanding the fact that another pregnancy had occurred.

**Doctor
Astonished**

Her confinement was easy, much to the doctor's surprise. The sufferer asked him to make a thorough examination, and if necessary, stitch the laceration. He made the examination and said there was no laceration there, and thinking an operation had been performed, said: "You can't fool me, but whoever did the operation knew his business; it is the finest piece of work I have ever seen. There is not even a sign of a stitch." The woman could hardly believe what she heard, but smiled and said, "There never has been a stitch taken and that is why you cannot find any."

When the doctor learned that these results had followed through the use of Viavi, he said: "Well, if Viavi did that, I must say it is all right. I shall certainly speak a good word for it." He was still thinking of the means instead of the recuperative power, as being the active agent in restoration.

**Done by the Best
Workman**

Isn't it wonderful what the recuperative power did through the restorative processes in the body of this sufferer, when furnished with Viavi? What this power did for this woman, it may do for you. The doctor's examination revealed the laceration healed in such a perfect way that he remarked: "Whoever did the operation knew his business; it is the finest piece of work I have ever seen." Yes, it was done by the best of workmen, the recuperative power. That power knows its business, because it has had ages and ages of experience.

Seventeen years afterwards this woman wrote: "If I can be the means of saving one woman from the needless suffering I went through, I shall be happy."

**Badly
Lacerated**

A woman, in Idaho (3011), wrote that she had been afflicted with severe uterine trouble while carrying her first baby. It was feared that she could not survive confinement. She was under chloroform for two hours, and the baby had to be taken with instruments. She was badly lacerated, and in a few days blood poisoning set in. For a week nothing passed but pus and matter, causing intense irritation of the vagina. Her physician said she must not have any more children, and advised an operation.

Her sufferings continued for two years, making her very dispirited; only the thought of her husband and baby whom she loved made her desire to get well. When about to go to the hospital for the proposed operation, she was led to use Viavi by a friend. Health gradually came back, and life seemed bright again. Later, she became pregnant again, and was in labor but two hours.

In these instances as well as many others, laceration of the womb has been completely healed following the use of Viavi, without stitching or other surgical interference. Some of these women were operated upon for laceration by skillful surgeons, but instead of being benefited, and the laceration healing as a result of it, were worse after the operation than before; and became well only after they used Viavi. Others were advised that the laceration could not heal or the suffering caused by it be overcome without an operation. In many of the experiences related, the healing and restoration was not only evidenced by the return of health, but attested by an examination, made, often, by the physician who had operated or advised the operation. So many women suffering from laceration of the womb have overcome it and regained health through the use of Viavi that no sufferer ought to despair.

We have space for only a few of the letters we have received from women who suffered from laceration and restored themselves through the use of Viavi. But we shall be glad to send you these, or others, if you are interested or desire them. Address any Viavi office.

CHAPTER XXXVII

SOMETHING ABOUT NOURISHING THE INFANT

IN the great reproductive plan the recuperative power provides food for the child out of the material in the blood within the mother's body. After birth the material food which the recuperative power furnishes to further build the child's body flows from the mother's breasts.

Mother Love Arises

Nature also provides the strongest force—love of offspring—as the most powerful and persistent guard that can be thrown about a child. The mother's nursing of the child is her sweetest, most satisfying expression of that finest of all human impulses, and it is the most beneficial thing to both mother and child that can exist in their mutual relations.

Breasts Affected in Disease

As the breasts are a part of the reproductive system, disease or weakness of the uterine organs will impair their function. In lactation the breasts continue the work begun in pregnancy. If there has been distress during pregnancy, absent or defective lactation after confinement may be expected. If Nature is intelligently helped to overcome abnormal conditions in pregnancy and confinement, the breasts may be expected to function naturally.

Suppressed Lactation

One of the most deplorable acts is deliberate suppression of the milk. Nature resents this in the most summary manner. Swollen and broken breasts, conditions which may lead to extensive harm, may result. The entire system receives a shock. When

the child dies during normal lactation, or in weakness, Nature meets these natural problems intelligently.

Injury to the Affections Is it wise for a woman to deny herself the softening and expanding influence that comes from having the confiding and affectionate little life pressed close to her heart, drawing its nutriment from her? This sweet phase of maternity, more than all others, is the one that gives her a power over its destiny, and awakens the finest emotions of her nature.

It was the mother's blood that contained, and conveyed to the unborn child the nutriment employed in its development; it is still the mother's blood that furnishes the nutriment designed by Nature in the form of milk. To change the character of the nutriment when it is suitable for the sustenance and development of the child, violates Nature's intention, and defeats her purpose. The milk of the mother who bore the child is its most natural food.

Child's First Necessities The bowels of a new-born child contain a substance called meconium. This has a useful purpose in the fetal state, but must be got rid of after birth. The first milk contains the laxative needed to move the infant's bowels. The mother's milk changes progressively, Nature thus furnishing the ingredients to the milk that the developing child requires. For this reason other milks are not as good, as they do not contain the exact ingredients demanded by the infant's needs.

The child's first act of volition is to seek the mother's breast. If there is no milk for it, or if the breasts are too sore and tender to bear it, the baby cannot be made to understand that the gratification of its longing is impossible or undesirable.

Poisoned Milk Just as a mother's conduct, the condition of her health, and state of mind, affect the child while in her womb, so will similar conditions affect the milk

after birth. Children may be poisoned through the milk changed by intense excitement or the mother's violent passion. Innumerable children have starved to death because the milk, although sufficient in quantity, lacked the necessary nutritive elements. The mother should keep her mind and spirits cheerful, eat abundantly of all the nourishing food that she desires and that agrees with her, and guard her health in every possible way.

Lying in
Wait

Lying in wait for infants are numerous diseases that sweep them off in appalling numbers. Many deaths of children are unnecessary, often due to parental ignorance or negligence. Dysentery, due to improper nourishment, is a frequent cause. Many other diseases that infants have may be mitigated by intelligent feeding and care. Nature can be assisted by appropriate means to overcome morbid conditions in children, as in all of us. Many a mother has found this means in the personal use of Viavi. As children furnish the greatest of joys that life can bring, the deepest and most lasting grief comes from their death.

CHAPTER XXXVIII

SOMETHING ABOUT INFLAMMATION OF THE BREASTS

INFLAMMATION of the breasts (mastitis) generally occurs during lactation (nursing), and is most frequent at the beginning of the function. It is a distressing condition, and, when neglected, may lead to serious results.

Inflammation may arise within the milk glands or in one of the milk tubes, generally induced by a sour or imperfect nipple, or any cause which prevents the breast from being thoroughly emptied. External inflammation begins on the surface or in the tissue just beneath, and extends inwardly, involving the substance of the breast, with its ducts, and producing caking which may result in abscess or even more serious conditions. It follows undue pressure of ill-fitting clothes, corsets, mechanical obstruction, injuries, fright, or colds. We have many letters from mothers who believe their babies were strong and healthy because they had used Viavi during pregnancy. We shall be glad to send copies to any one asking for them.

Lump in Breast

A woman, in Minnesota (4496), wrote that she suffered with a lump in the breast following a series of five miscarriages which injured her health to such an extent that she was not expected to live. An operation for immediate removal of the breast was advised, but refused. She used Viavi, her health was regained, the lump disappeared, and she later gave birth to four healthy children, experiencing no difficulty during pregnancy or confinement. Twenty-five years later she wrote that her good health continued, and the lump had not returned.

**Tumor in
Breast**

A woman, in Texas (3327), wrote that her ovaries became affected and a large lump formed in the right breast. Several very prominent physicians diagnosed a very serious condition, and advised amputation of the breast with the glands under the right arm, as the only hope of relief. Having many friends who were worse after operations, she would not consent, and did the worst thing she could have done, namely, drifted along, hoping against hope, as it were, that she might get better. Instead, she grew steadily worse. But finally, learning what others had accomplished through the use of Viavi, she furnished it to her recuperative power. The lump in the breast disappeared, and has not returned since. She is entirely well, notwithstanding much sorrow and trouble which has come to her through the loss of husband and child. She is very enthusiastic concerning the use of Viavi, and desires others who suffer to know how she succeeded in restoring her health.

**Tumors in the
Breast**

A woman, in the State of Washington (2698), wrote that during a severe illness a small tumor was discovered under one breast. This was removed in November, but five tumors appeared the following March. The sufferer did not know which way to turn for relief, fearing another operation because of the results following the first one. A friend who had restored her health through the use of Viavi, led the sufferer to furnish it to her recuperative power, and at the end of nine months the lumps disappeared, and her health was regained. Eight years later she wrote that she had had no return of the conditions.

**Abscesses of the
Breast**

A woman, in Oregon (2276), wrote that abscesses formed in the right breast following a cold, which caused intense suffering. Her physician lanced one abscess, but another soon formed, and she was told that the breast was thought to be tubercular,

and would have to be removed. She consented to have an operation, but before undergoing it, learned of Viavi and supplied it to her recuperative power.

Soon after, slight improvements were noticed. The congestion was reduced, the pains gradually ceased, and the breast healed. She has had perfect health since, and is sincerely grateful to have been able to restore her health without the operation. She hopes that those who suffer may profit by her experience.

**One Lump After
Another**

A woman, in New Brunswick (1075), wrote that she discovered a lump in the lower part of the breast which seemed to be growing upon the ribs. It did not pain, but some months later began to grow rapidly. One of the best surgeons in the Dominion was consulted and an immediate operation advised, but instead, the sufferer supplied Viavi to her recuperative forces. Six months later the inflammation had disappeared and the growth became loosened from the ribs. Large quantities of impurities passed from the bowels. Through the advice of a friend, she then yielded to an operation. Owing to her splendid healthy condition, it was considered a success; but in eight weeks another lump grew above the scar and the sufferer sadly realized that removal was not complete restoration. She again furnished Viavi to her recuperative power, and in seven months the lump gradually disappeared.

**Conditions
Remained**

The conditions producing tumors are not purely local, except when due to injury, and even then it becomes more than local. There is always much to be done by the recuperative forces before a lump can pass away, and restoration depends upon the recuperative forces using the means furnished to them. When this woman furnished Viavi to her recuperative forces, the lump gradually became less inflamed and more movable, two very splendid and encouraging signs. But, yielding to the advice of friends, she was operated upon,

and the lump was removed. In eight weeks another lump grew above the scar, showing that the condition causing the lumps still remained. When the sufferer realized this, she again furnished Viavi to her recuperative power. It used Viavi, and not only eliminated the lump, but also the condition which caused the lump.

How speedily restoration can be brought about depends wholly upon the ability of the recuperative forces to use the means offered. The recuperative forces have the power to restore, but they must have the means with which to do it, and no one can tell in advance how quickly these forces can use the means supplied. It is a matter of individual effort, of individual experience. That is why the experience of the many sufferers who have overcome these conditions through the use of Viavi is so important to you. We shall be glad to tell you of what others have done through their use of Viavi.

CHAPTER XXXIX

SOMETHING ABOUT THE USE OF VIAVI FOR CHILDREN

IN a preceding chapter we have told what mothers have said concerning their use of Viavi during pregnancy, the safe and easy delivery they secured, and the fine, healthy babies they bore. In this chapter we let mothers tell the splendid benefits obtained by their children through the use of Viavi. Viavi is a household name in uncountable homes. Health has come to thousands of children of all ages following their use of Viavi.

**Premature Baby
Saved** Remarkable is the experience of a mother and father, in Massachusetts (4318), with their baby who was born two months too soon, the premature birth being ascribed to the mother's poor health. The little baby was just alive, being so weak and feeble that he was unable to function in any way, or even take milk of his mother, who, though very weak, strangely had a supply for him. The attending physician held out little hope, but did all that he could, and on the fourth morning announced that the baby could not possibly live more than an hour or so.

The mother had used Viavi, and believed its use by her recuperative power had brought her safely through childbirth. As no hope was given by the doctors, she furnished Viavi to the child's body in several forms, in as large quantities as could be assimilated. In a remarkably short time his entire appearance changed. The bowels moved for the first time, color came into his cheeks, and two days later he took the breast eagerly. He progressed steadily to a state of health, outgrowing the babies in their neighborhood, and at three and one-half years was a healthy little chap.

**Feet Turned
Upward**

A mother, in Missouri (3923), wrote that her little girl was born with feet turned upward on the ankles. The limbs were very small, lying crossed against the abdomen. When she was seven months old the physicians advised the mother that the child could not possibly live, and if she did, she would be dwarfed and imbecile. You can imagine how this mother felt and with what determination she did everything possible to help her baby.

Knowing what she had accomplished for herself through the use of Viavi years before, she supplied Viavi to her child's recuperative power for two years. This labor of love was well repaid. The feet and limbs grew straight, the child grew healthy and normal, and was mentally very bright, in spite of the doctor's prediction. It is wonderful what the recuperative power can accomplish when furnished a means it can use.

**Weak and
Listless**

A mother, in Kansas (4013), wrote that her little daughter was very weak and listless, unlike other children. The parents supplied Viavi to her recuperative power, and in a comparatively short time the child became well, gained in weight, normal in every way.

**St. Vitus
Dance**

A mother, in Nebraska (4016), wrote that her daughter was afflicted with what their physician diagnosed as rheumatism. Removal of the tonsils was advised, to which the parents consented, as no other hope was offered. This was followed by a complete nervous breakdown resulting in what was said to be St. Vitus dance. She was extremely nervous, could not walk, feed herself, or sit in a chair without falling to the floor as though she had lost entire control of her muscles. The parents supplied Viavi to the recuperative forces in the child's body, and her health was completely regained.

**Infantile
Paralysis**

A mother, in Louisiana (2030), wrote that her two-year-old daughter was stricken with a condition which physicians diagnosed as infantile paralysis. She lost the use of her right leg and arm. After a number of ineffectual attempts to restore the use of the limb, the parents furnished Viavi to the child's recuperative power. Improvement was noticed in a few months, which continued until her health was entirely restored. When the child was eleven years old, the mother wrote that the afflicted side was perfectly developed, and that there had been no return of the results of infantile paralysis. She adds: "Words cannot express my thankfulness, nor the joy and comfort which my healthy, happy little girl affords me."

**Girl Fell Fifteen
Feet**

A mother, in Australia (81), wrote that her daughter fell fifteen feet to the ground, severely injuring and bruising her arms. The left arm was powerless for several days, being swollen from the fingers to the shoulder, causing excruciating pain. Viavi was applied three times daily, and by the end of the week the arm was sufficiently better to be kept out of sling, and gradually grew thoroughly well.

A mother, in Canada (1195), wrote that her little boy suffered severely with eczema the first few weeks after his birth. Viavi was used, and in a few weeks the trouble passed away permanently.

**Interesting
Illustration**

A mother, in the State of Washington (2697), wrote that she could not find any food that the recuperative power of her two months' child could use. As it is the recuperative power which utilizes food for carrying on the processes of building and repairing the body, the food furnished must be such that it can use. If the recuperative power cannot use it, nutrition is impaired and growth stops. This baby lost in weight; eczema broke out on his face. Although treated by a splendid physician, the relief was only temporary.

The mother was led by a neighbor to furnish Viavi to the baby's recuperative power. At first it eliminated more impurities than before, and the mother, not understanding that the recuperative power was preparing the little body for restoration by cleansing it, was discouraged. She would have discontinued the use of Viavi had she not been led to realize what was taking place, but understanding, continued. A year later she wrote that the eczema had been overcome, and the baby's stomach was in splendid condition.

**Curvature
of Spine**

A mother, in Kentucky (1367), wrote that when her daughter was about nine years old it was discovered that she had curvature of the spine. She did not respond to the care and treatment given by her physicians, although everything that could be thought of was done; and as a "last resort" the mother was led to supply Viavi to the child's recuperative power. She began to improve from the first. In six weeks she could eat solid food, her rest was unbroken, and she gradually became entirely well. Fifteen years later the mother wrote that her girl had remained permanently well, and was now a happy wife and mother.

**Adenoids in
Children**

No children's troubles give mothers more perplexity than swollen glands in the throat and neck, enlarged tonsils and adenoids.

A mother, in Canada (2091), wrote that her little girl suffered with adenoids following catarrh. She was operated upon twice in nine months, but did not grow better. In disappointment and despair the mother asked the doctor how often it would be necessary to operate. He replied, "As long as she has catarrh, adenoids will form;" and he was right. The mother furnished Viavi to her daughter's recuperative power, and the catarrh from which her daughter suffered was overcome. The adenoids disappeared, and the child became entirely well.

Enlarged Glands,
Abscesses

A mother, in Pennsylvania (3907), wrote that the glands in her baby's neck swelled, and abscesses formed. She also suffered with enlarged tonsils and adenoids. Knowing of Viavi, the mother used it on the little girl. Improvement appeared in a short time, and at twenty-two months of age the child was entirely well.

Grip, St. Vitus
Dance

A mother, in Colorado (2389), wrote that her fourteen-year-old daughter suffered with a severe attack of grip and later with St. Vitus dance. Part of the left side was paralyzed, so that she could not walk across the floor alone. The throat was affected so that she could not pronounce words plainly. The glands of the neck were so badly swollen that her neck measured three or four inches larger than normal. Her physician did all that he could for her, but she gradually grew worse. Learning of Viavi, the mother suggested its use to the physician, and he readily assented. The first night the girl slept better than she had in weeks. In a few weeks she ate heartily, and in three months was perfectly normal in every way. The mother wrote: "It was amazing how rapidly she improved."

Spinal
Abscesses

A most remarkable instance of the recuperative power's intelligent use of Viavi is related by the parents of a boy, in Texas (3842). The boy had a severe attack of influenza after which developed what was diagnosed as a tubercular condition of the spine. Abscesses formed along the spine, one under the left shoulder-blade and another above the hip joint near the spine. He was unable to walk without the aid of crutches as his left hip joint was drawn almost double. Pain constantly racked his little body, and although the parents had the best medical attendance procurable for more than a year, no relief was obtained.

Learning of the results other children had obtained through the use of Viavi, the parents supplied it to the

recuperative power of the boy. At the end of the first month's use of Viavi the physician was called to lance the abscess through which the recuperative processes were evidently striving to eliminate impurities. Two quarts of pus were drained the first day. The incision remained open several weeks and a slight drainage continued. Then rapid improvement began. His little body took on new life and strength, the limb gradually became normal, the spine and chest straightened, and at the end of six months he was able to walk, jump, and play just as any normal child.

We have a photograph of him taken before he began using Viavi, and also one after he became well. We shall be glad to send you reproductions of them.

We feel that we cannot close this chapter without giving one more instance of how intelligently the recuperative power restores health when furnished with the means which it can use. When it is fully realized that the recuperative power is an intelligent power, that it is the active agent in restoration, and that the food or other things furnished to it are only the means, parents will have a more intelligent basis for their efforts to restore their children or themselves to health.

Seven
Relapses

A father, in the State of Washington (3772), sent us two pictures of his little son, one taken when he was about two years old, and the other taken a year later. It was presumed the child was born with yellow jaundice. As his mother was unable to nurse him, he was put on a bottle. "None of the milk combinations or the prepared foods selected by the leading specialists seemed to agree with him," the father wrote; meaning that the recuperative power was not able to use any of the foods supplied. The child was slowly starving.

He was given the best medical attention, and thousands of dollars were spent. At times he seemed to be on the road to recovery; his weight increased to twenty-one pounds. Then almost instantly, he relapsed, a fever

arose with a temperature of 103 to 106 for five or seven days, and his weight fell to fifteen or sixteen pounds. After the seventh relapse he fell into a stupor. The child was so lifeless that no hope was given for his life. Such was the condition the child was in when the use of Viavi was begun.

**Malnutrition,
Restoration**

The grandmother suggested the use of Viavi, as the child's mother had used it a few years before with splendid success; so its use was begun. He slowly improved, gained a pound a week, and at the end of thirteen weeks was able to walk for the first time. The recuperative power expelled quantities of impurities, including thirty-seven small particles having the appearance of tumors. From then on he gained, and at the date of the letter was a sound, healthy child, as his picture shows.

In closing his letter, the father wrote: "Our second child is a Viavi baby. His mother used Viavi during pregnancy, and it is plain to be seen how both the mother and the child were benefited, for he is truly a wonderful specimen. We are grateful for what has been accomplished through the use of Viavi in our family."

**Their Life Before
Them**

We have given these instances of children's restoration from the many varying conditions with which they suffered to illustrate the splendid results that have been obtained when the recuperative forces were furnished with Viavi. Children have their whole life before them, and if health is poor and neglected, a life of weakness and suffering confronts them. The recuperative forces seem to be more active in childhood and youth, and the efforts of parents are repaid with much greater results when the recuperative forces are given intelligent help.

We do not claim anything marvelous for Viavi. It is fortunate that the recuperative power has used it so

successfully when other things had failed. How the recuperative forces use it, we are not able to tell you. We can only tell you how these users suffered before they furnished Viavi to the recuperative forces, and what changes took place following its use. If you are interested, send for the letters from these parents who have helped their children to become well.

CHAPTER XL

SOMETHING ABOUT MISCARRIAGE; ITS CAUSES AND CONSEQUENCES

ABORTION may be spontaneous, accidental, or intentional. It commonly means the procurement of premature delivery. Under this definition there are two kinds: The non-criminal, or that which is done to save the mother's life; and the criminal, or that which is done to escape the burden or shame of maternity. For criminal abortion we have nothing but condemnation.

Expulsion from any cause during the first three months of pregnancy is generally termed abortion. If it occurs between the termination of that period and the viability (ability to live) of the fetus, it is generally termed miscarriage. If it occurs between the appearance of viability and the maturity of the fetus, it is called premature delivery. We shall speak of them all as miscarriage.

Causes of Miscarriage

Almost anything which affects a woman to a marked degree, whether from internal or external source, may produce miscarriage at any time during pregnancy. What will easily produce miscarriage in one will not in another. Much depends upon the strength of the individual woman, and her susceptibility to injuries and impressions. As disease of the uterine organs tends to cause miscarriage, women should make an effort to secure perfect health to safeguard against it. The following letters show how those who wrote them did this.

Had Several Miscarriages

A woman, in California (3014), writes that she suffered from painful menstruation, and had several miscarriages. She was led to use Viavi, and

bore a fine eight pound boy. She has since become the mother of three healthy boys.

**Had Five
Miscarriages**

A husband, in Canada (2883), wrote that following an accident, his wife had a miscarriage during her first pregnancy at about four and a half months. This was followed by four others at about the same time in each pregnancy. The attending doctor told them there was no hope of their desire for a child being gratified, as the womb tipped backward, and the miscarriage habit had been formed. However, the wife furnished Viavi to her recuperative power; her health was restored so that she was able to carry the next child to full term, giving birth to a healthy baby boy who weighed eight and three-quarter pounds.

**Motherhood
Realized**

A mother, in Massachusetts (1196), wrote that she had previously lost two babies through miscarriage, which also endangered her life. Her physician told the husband that she could never carry a child to maturity because of the weakened condition of the womb and ovaries, and strongly advised the removal of the ovaries, to which she consented. While building up her strength for the operation, she was led to use Viavi. She continued its use for a year, throughout a pregnancy, and when the baby was born the doctor said it was the most natural birth he had ever attended. The mother became entirely well, and later wrote: "I know we could never have had a dear little daughter if it had not been for the use of Viavi."

**The Miscarriage
Habit**

When a miscarriage is repeated, it is likely to occur about the same time in a subsequent pregnancy. For that reason, a woman who has suffered a miscarriage and again becomes pregnant, should be on her guard, and stay in bed at that time. The following letter illustrates this. A mother, in Iowa (3652), wrote that she miscarried three times; once at four, once at

three, and once at two months. She had the ligaments shortened, but they stretched again, allowing the womb to fall upon the bladder, causing all the attendant local and reflex symptoms. After several months' use of Viavi, she conceived and carried a child to maturity, but the baby was stillborn, as she had the influenza very severely during the pregnancy. The mother was broken-hearted and again used Viavi. She again became pregnant and carried her baby to full time, giving birth to a healthy baby. She is very grateful for the blessing of motherhood, and the benefits secured through her use of Viavi.

There Seemed Little Hope Another mother, in Pennsylvania (4181), wrote that she had one miscarriage, and two births at seven months. She became pregnant again, but suffered from flooding which lasted three months. There seemed to be little hope of having a child, for which she was very anxious, as her two seven months children had passed over. During this severe flooding she was led to use Viavi. The flooding ceased within two weeks, and her health improved gradually. She fell pregnant again, and was able to carry a fine boy the full term. In twenty-two months another child was born, and later a little girl came to add to her happiness. Years later the mother wrote: "I have enjoyed good health ever since."

Lifting Caused Miscarriage A woman, in England (2481), wrote that during her first pregnancy she lifted something heavy which caused a miscarriage. Afterwards she became pregnant, and again miscarried. This pulled her down so that she had backaches and became very nervous and depressed. Her mother led her to use Viavi during a later pregnancy, and her little girl was born at full time, a strong, healthy child. She had a good confinement, and was able to nurse her baby. Since furnishing Viavi to her recuperative power she has had no backache, feels well and strong, and believes that the

use of Viavi is a boon and blessing to suffering women.

Habitual Displacements In habitual prolapsus the impregnated womb may become impacted in the true pelvis, thus preventing its rise into the roomy false one; and as the womb enlarges in this small space, it suffers irritation, often causing miscarriage. Retroversion may be followed by the same results, as may anteversion, in which the bladder is greatly irritated. The following is an illustration of this.

Had Ten Miscarriages A woman, in Ohio (4533), suffered with prolapsus, and had over ten miscarriages, never being able to carry a child more than a few weeks. She used Viavi for over two years, and later gave birth to a large healthy boy. Writing twelve years later, the mother said that his health is perfect, and she cannot be too thankful for what she accomplished through the use of Viavi.

It is gratifying to be able to report that children born of mothers who used Viavi during pregnancy are usually exceptionally strong and healthy, so that the mother gains in two ways; her health is improved, and the child is strong and healthy.

Other Causes There are many causes of miscarriage, some of which are inflammation, ulceration, cancer, leucorrhea, placenta previa, induration or hardening of the cervix, irritable uterus, etc. One of the most frequent causes is the failure of a rigid womb to expand properly, which opposes the growth of the fetus, causing it to die. Thus, an unyielding womb may cause miscarriage, until habitual miscarriage has been established. When the muscles of the womb can be restored to their normal tone and elasticity, gestation will be able to proceed to its natural termination.

**Use Wise
Care**

A woman predisposed to miscarriage should take no vigorous exercise whatever during pregnancy, avoid excitement, and live as quietly as circumstance permit throughout the entire term. At the first indication of approaching miscarriage, the sufferer should go to bed, and remain perfectly quiet until all danger disappears.

Complex and wonderful forces are brought into operation during pregnancy; very great modifications both in organs and functions take place. The entire nervous system undergoes important modifications, enabling it to direct the new complex forces called into play. Failure of adjustment in any one of these complex changes may result in miscarriage, with the most serious physical consequence to the woman.

CHAPTER XLI

SOMETHING ABOUT BARRENNESS AND ITS CAUSES

BOTH men and women may be sterile, but it is generally accepted as a fact that for every unsound man there are nine unsound women, excluding the rare cases of congenital imperfection. This astonishing and unnatural difference indicates the prevalence of diseases peculiar to women which are preventable or removable. That which is here considered is the sterility, or barrenness, of women, and the causes discussed are those associated with the diseases peculiar to women which are preventable or removable.

Significance of Barrenness

The healthy married woman, with a normal outlook on life, desires children as a natural expression of what is finest in her nature, and in yielding to it invites the highest forces that Nature can offer her for self-development and usefulness. The large number of married couples who desire, and are denied children, present a far more serious problem than is commonly realized, and the fact that the wife's condition accounts for so much of the trouble invests the subject with an added gravity. Childbearing is a woman's right, the foundation of womanly loveliness. Health is the best assurance a woman can have of child-bearing capacity, and every effort should be made to secure it.

Some Causes of Barrenness

Sterility in many women is due to non-development at time of puberty, which, in turn, is due in many instances to unwise neglect on the part of mothers. (See the chapter about the Development of Girls). A general weakness or nervousness may cause sterility in fully developed women. The chapter about

Nervous Debility indirectly throws much light on this subject.

**Motherhood
Long Denied** A woman, in Massachusetts (4188), had been married ten years. She had suffered from ovarian trouble, painful menstruation, and extreme nervousness. She was led to use Viavi, and later, becoming pregnant, gave birth to a strong, healthy baby.

A mother, in Texas (3264), wrote that she had been in poor health for a long time, and was unable to become pregnant. She used Viavi and restored her health, and later realized the happiness of being the mother of a fine baby boy.

**A Happy
Mother** A woman, in Illinois (1971), wrote that she had been married eight years, but without the happiness of motherhood. She suffered throughout this time from painful menstruation. She furnished Viavi to her recuperative power, became pregnant, and gave birth to a twelve-pound boy. Writing two and a half years later, this mother said her baby was strong and healthy, bright as a dollar.

**Sterility
Overcome** A sufferer, in Pennsylvania (3437), wrote that her physicians diagnosed inflammation of the ovaries, badly ulcerated cervix, and an enlarged and displaced uterus. She was barren for over two years, and although she treated with several good physicians, did not seem to get better. A friend led her to use Viavi, and becoming pregnant, she used it until the baby was born, and even afterwards. She is very grateful for the results she accomplished through the use of Viavi.

**Child Born at
Forty-six** A woman, in Maine (2101), bore three children, and suffering with inflammation of the womb and ovaries and leucorrhea, was barren for eleven years. After treating for nine years her physician advised an operation, but instead, she used Viavi. After a few

months a tumor-like substance was expelled, and from that time on her recovery was rapid. She afterwards gave birth to two children, one after she had reached the age of forty-six. Fifteen years later she wrote that she has had no return of the tumor or ovarian inflammation.

**There May Be
Hope**

Inflammation of the womb, and thickening of the lining from curetting, may destroy the ability of the womb to form the placenta. (See chapters about Pregnancy and Curettement.) Enlargement, flexion, or displacement of the womb may also be a cause. Leucorrhea and diseases of the vagina may cause sterility. No woman should take it for granted that her barrenness is irremediable. Many women denied motherhood for years, have, through the use of Viavi, overcome the conditions that prevented maternity, and become the happy mothers of healthy children.

**Obtained Her
Desire**

For instance, a woman, in California (3905), the mother of a nine-year-old daughter, wanted other children, but was sterile because the womb was displaced backward. She had submitted to an operation to replace it, thinking this would enable her to realize her hope, but it did not. Two years afterwards she was curetted, being assured that she would be able to become pregnant, but she was again disappointed. A third operation was proposed, but being disappointed twice, she refused. She was led to use Viavi, and later her desire was realized. She felt well all during pregnancy, and gave birth to a healthy baby, having an easy childbirth. Eight months later she wrote: "If ever there was a good, sweet baby, she is the one."

A woman, in Kansas (3239), suffered with ulceration of the uterus, and was told by her physicians she was not strong enough to bear children. She used Viavi, became strong and well, and later gave birth to a lovely baby.

Barren Twenty Years A Canadian woman (2384), wrote that she bore a child after being barren for twenty years. She had been in poor health, and although treated by different physicians, did not improve. She used Viavi, regained her health, and at forty years of age, when her first child was almost twenty, became a mother to a second child. She wrote eight years afterwards that she was still in excellent health, and very proud of her bright, sturdy little chap.

The recuperative power of the body is still shrouded in mystery; but for your use it is in your body, and no one can use it but you. We call it wonderful because we are unable to fully comprehend its processes. But through these processes these women were enabled, through the use of Viavi, to experience the happiness of motherhood for which their hearts yearned. Their experience may be yours.

CHAPTER XLII

SOMETHING ABOUT THE CHANGE OF LIFE AND ITS CONSEQUENCES

THE change of life (menopause) indicates that the child-bearing period has passed. The monthly nervous influence upon the reproductive tract is suspended, menstruation ceases, and the organs atrophy. As menstruation is looked upon as a sickness by unhealthy women, so is the change of life likewise regarded by those whose health is imperfect before the change.

The painful and sometimes fatal diseases which follow the menopause have long been lurking in the body, and develop at this time. There may be hot flashes, growths in various parts of the body, hemorrhages, cancer, painful enlargements of the joints, particularly those of the fingers, high blood pressure, pruritus, etc.

Change Should be Normal

The change of life is a normal process, usually occurring at from forty-five to fifty years of age, but often occurring earlier or later. If a woman's health is good, especially if the menses are normal in quantity and regular in occurrence, she may expect to pass through the change of life with little or no discomfort or suffering; while the woman whose health has been poor, who suffered menstrual difficulties, had leucorrhea, or misplacement, will have reason to apprehend that the change of life will prove a critical period.

Used Viavi to Pre- pare for Change

For instance, a woman, in Cape Breton (2760), wrote that she was about to enter the hospital for removal of the left ovary, when a trained nurse who had seen the unsatisfactory results following so many

such operations, led her to use Viavi. Some months afterwards the pain left the ovary and never returned. Years later, her doctor advised her that the change was approaching, so she used Viavi again that she might put her body in the most healthy condition possible. She wrote that she could not be thankful enough for what she was able to do through the use of Viavi.

The change does not come suddenly.

**Preparation
for Change** The organism prepares for its appearance gradually, and if not hampered by disease, a woman is scarcely aware that the change is going on. In a healthy woman the menses simply stop. But the unwell woman is not so fortunate. If she has suffered with an ulcerated cervix, or has suppressed leucorrhea by astringent washes, she may expect a stormy menopause. The breasts oftentimes become lumpy and painful during the change.

The woman who has bled profusely at her periods may become hemorrhagic. When the nervous vitality which governs the uterine organs is exhausted, the blood vessels remain relaxed and overdilated; the very substance of the womb is abnormal. This woman's life goes out when she has but half lived it, or her health is so crippled that chronic invalidism darkens her life and home, unless her recuperative power is able to overcome these conditions.

A woman, in Kansas (3925), wrote

**Change Safely
Passed** that she flowed profusely at each period for five or six years before the change. Her health grew so bad that she did not care whether she lived or died. She supplied Viavi to her recuperative forces, and in a comparatively short time passed what her physician said was a cystic tumor. Her health was greatly improved, and she passed safely through the change of life. Three years later she wrote that she was in the best of health.

**Suffered
Twenty-six Years** A woman, in Oregon (3967), suffered for a quarter of a century, beginning with varicose veins at her first pregnancy, which developed into varicose ulcers at later pregnancies. She began the use of Viavi. Her health gradually improved, she was able to discard the elastic stocking which she had worn for years, and the ulcers healed completely. After twenty-six years of suffering she wrote that she was happy and well, and had passed safely through the menopause.

A woman, in England (911), wrote that it was rather strange how Viavi came into their house. A neighbor, whose wife had been suffering from a malignant growth, asked her to make inquiries concerning Viavi for his wife's condition. The manager upon whom she called, addressing the caller and her sister who had accompanied her, and who was also suffering badly, pointed out what good health would mean to them. The result of this candid interview was that both furnished Viavi to their recuperative power, and in due time both regained their health.

Five years later she wrote that although sixty years old, she was still a good cyclist, and that her sister, although nearing fifty years, could ride fifty miles without being tired.

**Without
Discomfort** A woman, in Missouri (3848), wrote that she suffered for two years with prolapsus, ulceration of the uterus, and piles. After two years of tampon treatment the womb was still heavy and prolapsed, and her physician advised an operation, but due to conditions present, thought it unwise to operate then. A sister who had restored herself through the use of Viavi led this sufferer to use it. In a comparatively short time she gained in strength, the womb became lighter in weight and resumed its normal place. Three years later she wrote: "I am passing through the change without any discomfort, and feel well and happy."

**A Personal
Experience**

Restoration in each individual depends upon the ability of the recuperative forces to overcome the conditions present. What has been accomplished by others through the use of Viavi is the foundation upon which you may base your expectations. The miracle of getting well is a personal, individual experience, and each must make the effort for herself.

**The Doctor
Marveled**

A woman, in Missouri (3410), suffered with nervousness and intense headaches at the menstrual period, ovarian congestion, leucorrhea and a laceration of the womb. The doctor said an operation would be necessary before she could be better. Through a friend she was led to use Viavi and improvement soon began. She slept better, overcame the nervousness, the ovarian congestion left, the headaches disappeared, the leucorrhea ceased and the laceration was entirely healed. She was afterwards examined by the doctor who had said an operation was necessary. He marveled at the change and especially at the healing of the laceration. She passed through the change of life without any trouble. Eight years after her restoration she wrote that she continued well and strong.

We have space for only a few of the letters received from women who used Viavi before the change of life and passed through that period normally and without disturbance, or who used it after entering the change, and greatly benefited themselves. But we shall be glad to send you these, or others, if you are interested or desire them. Address any Viavi office.

CHAPTER XLIII

SOMETHING ABOUT DISORDERS AND DERANGEMENTS MANIFESTING THEMSELVES IN THE REGION OF THE LIMBS

INFLAMMATION and congestion manifest themselves in the limbs as they do elsewhere. The limbs are subject to the accidents of wounds, burns, and sprains; while varicose veins more often occur in the lower limbs than elsewhere.

Ulcers as Symptoms

In women, the circulation in the limbs is often impeded by malposition of the womb and other uterine conditions. The sedentary life led by many also impedes the circulation; hence the frequent condition of cold feet. Poor circulation may be followed by serious congestion and inflammation, often progressing to the ulcer state. These may remain a long time, causing much suffering, and usually being slow to heal because of the poor blood supply. When the circulation becomes normal such conditions may naturally disappear. For instance, varicose conditions in the legs often follow uterine derangements, and usually disappear with restoration from the uterine derangements.

Varicosity Disappeared

An illustration of this is given by a woman, in Illinois (4495). She had very large varicose veins resembling bunches of grapes, following inflammation and enlargement of the uterus. The legs and hands cracked open and bled, and although everything possible was done, her physician advised her she could not possibly live a year. Learning of what others had accomplished through the use of Viavi, she furnished it to her recuperative forces. She soon saw gradual

signs of improvement, and in time overcame the uterine condition. The varicose veins then disappeared. Twelve years later she wrote that her restoration had been permanent.

**Varicose
Veins**

Varicosity begins with slow dilation of the veins. This progresses until the veins become crooked, and enlarged in calibre. The lining becomes altered and the valve insufficiently long to close the distended vessel; hence it becomes unable to support the column of blood. Varicosity of the capillaries frequently appears upon the skin like roots of a tree. When the larger vessels are involved the veins become dilated, tortuous and knotty, standing out above the level of the skin. The vessels sometimes burst, causing serious and even fatal hemorrhage. A slow exudation or oozing into the surrounding tissues may occur, but it does not appear as an ordinary dropsical condition from obstructed venous return. The skin has a solid, non-resisting, marble-like appearance, and does not pit under pressure. An eczema, or eruption may develop with such a condition.

**An Ulcer
Developed**

A husband, in Idaho (3142), wrote that his wife had suffered for fifteen years with varicose veins, from which a bad ulcer developed. After treating her, the physicians said they could do nothing for her without an operation, which she did not wish to undergo. She used Viavi, and in a comparatively short time the limb gradually healed, for which husband and wife are very thankful.

**Lumps
Formed**

A woman, in Ohio (4534), wrote that she suffered with varicose veins for eighteen years, and when she became pregnant, large, painful lumps formed on the inside of one limb which necessitated careful bandaging. Her physician said this was all that could be done. She furnished Viavi to her recuperative power

when four months pregnant. The limbs became much better, the lump decreased in size, so that she was able to leave off the bandage. Her confinement was easier than either of three previous ones. Fifteen years later she wrote: "I have had no internal weaknesses nor have I needed a physician for myself in all these years, excepting in epidemic troubles."

Milk leg is a general swelling of the leg, caused by inflammation of veins. It is characterized by a white appearance, and most frequently appears in women after childbirth. This is another condition which frequently disappears when the uterine derangements are overcome.

Milk Leg
Thirty-five Years A woman, in the State of Washington (3952), wrote that she suffered for thirty-five years from milk leg which developed into a running sore. She was treated by several physicians, but obtained only temporary relief. She furnished Viavi to her recuperative power, and in time the sore was entirely healed. This woman wrote at sixty-four years of age, saying that she was well, able to walk two miles to town, and to do a great deal of work.

Healed Without Scar A young woman, in Missouri (4071), wrote of the benefits she secured through the use of Viavi. She had scalded her foot and limb very badly. Various remedies were used, but the limb was much inflamed and burned like fire. She used Viavi, and the burning and inflammation passed away. Later she was able to walk, and still later, a new skin formed under the old skin, and the foot and leg were gradually healed without a scar.

Injured Bone,
Running Sores A mother, in Oregon (4142), wrote that a large tree fell upon her son's limb. The limb became swollen and stiff, paining severely. It was kept in a cast for several months, but when the cast was re-

moved, the swelling broke and a large quantity of pus discharged. Running sores developed, through which a piece of bone came away. He was taken to a noted sanitarium, but the physicians decided they did not wish to operate as the condition permeated his whole system. The mother learned of Viavi, and furnished it to his recuperative power which gradually restored his health, and he was able to throw away his crutches. Two years later the mother wrote that her son was doing a man's work on the farm.

**Had a Very
Lame Knee**

A woman, in Quebec (2716), wrote concerning her granddaughter who had an attack of typhoid fever while training to be a nurse. This was followed by a very bad knee, and although they employed splendid doctors and specialists, little hope was given. In their extremity they furnished Viavi to her recuperative power, the condition in the knee was overcome, and she became entirely well. The family feel that she saved her life by furnishing Viavi to her recuperative power.

**Sciatic
Rheumatism**

A young woman, in Ontario (3648), wrote that she was taken with severe pain under the left knee-cap while bathing at the lakeshore, and several months later the entire limb pained so that she was obliged to consult a physician. She gradually grew worse, becoming unable to go about, and could not even arise in the morning without aid. An X-ray was taken, and the doctor diagnosed the condition as sciatic rheumatism. Not obtaining any relief from the many things used, she supplied Viavi to her recuperative power. Before the week had passed, the pain lessened, and gradually disappeared entirely. Later she wrote: "People can scarcely credit that I am one and the same person. Before using Viavi I was almost a wreck, no color, no energy, full of pain day and night, dreading the night even more than living through the day. Now I am full of energy every moment of my life, sleep

soundly all night, and always have a lovely fresh color.''

We could quote from the letters of many others who suffered from conditions in the limbs, and restored themselves through the use of Viavi. We shall be glad to send you copies of these, or other letters, if you are interested.

CHAPTER XLIV

SOMETHING ABOUT TUMORS, LUMPS IN THE BREAST, AND ENLARGED GLANDS

A TUMOR is an abnormal or exaggerated growth of a part or whole organ, or a mass of new tissue that grows independently of surrounding tissues.

The origin of tumors is involved in obscurity; there are various opinions concerning it; but an overgrowth of tissue resulting from disturbed nutrition, irritation, and infection, seems to be the most probable cause.

Tumors are named from their character and their location and the tissues or organs involved, such as uterine fibroid, nasal polypoid, ovarian cyst, etc. The most frequent kinds of tumors are glandular, one growing in or near a gland; fibroid, one formed of fibrous tissue; cystic, one containing fluid in a sac; fatty, one composed of fat; and polypoid, one growing from a stem. A floating tumor is a movable mass, usually occurring in the abdomen, or a loosely attached ovarian cyst, or a collection of fecal matter, etc. A malignant tumor is one that increases with rapidity or that proceeds to a fatal end.

What a Tumor Indicates	A tumor may be present for years before becoming noticeable or causing serious disturbances. A lump in the arm pit, the breast, the uterus, or ovary, does not indicate that the cause of the tumorous condition is confined to that particular part, and that the sufferer is otherwise healthy. The whole body is more or less implicated.
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The Law of Restoration

When the vitality of the body is increased, and Nature assisted to overcome the conditions from which the tumor arose, it may disappear by absorption, or be passed off in pieces. The recuperative power may eliminate abscesses or accumulations of pus through the natural openings such as the rectum, or vagina, or by means of adhesions through these openings, or through the lungs or skin. Natural removal of a tumor destroys all expectation of a return, since the cause has been removed and the body made sound, which is not true in operations, which at best, are make-shifts.

FIBROID TUMORS

A woman, in South Africa (2538), wrote that she discovered small hard lumps developing upon the womb, which grew rapidly and became so painful that she could scarcely perform her household duties. She suffered with severe palpitation of the heart, and profuse menstruation. Two physicians diagnosed the condition as fibroid tumor of the womb. Local treatments were given for several months, but without permanent relief. While visiting in Canada she went into a Toronto hospital for treatment by a specialist. After a thorough examination, he said there were two fibroid tumors on the outer wall of the womb, and nothing but an operation to remove both womb and ovaries would save her life, but frankly told her that the operation was so critical he could not guarantee a successful issue. As she was too weak then to undergo the operation, he advised her to wait for a month or two to recruit her strength.

Then She Used Viavi

She furnished Viavi to her recuperative power, and after a short time the palpitation of the heart stopped, the periods became normal, and the tumors were gradually reduced. She became pregnant later on, and continued the use of Viavi during the en-

tire term. The delivery was comparatively easy; and there was no after flooding which was feared by the doctors owing to the présence of tumors. Twelve years later she wrote: "I have never had a return attack of the tumor. I have borne five children who are all healthy and strong."

**Too Weak
for Operation**

A woman, in Arkansas (3961), wrote that her physician diagnosed a very serious condition of the womb, and advised its removal, to which she would not agree. She continued to grow worse, and became so weak that her physician informed her she had delayed the matter until she could not be operated upon.

She was led to furnish Viavi to her recuperative power. During the first six months she was much discouraged, but continued its use faithfully until the recuperative power eliminated many pieces of tumorous tissue, and finally the tumor itself. She grew entirely well, able to do her own housework. Later she wrote that she considers the benefits secured through her use of Viavi wonderful, and expresses willingness to answer inquiries from sufferers.

**Tumor
Absorbed**

A woman, in Canada (2776), wrote that her physicians discovered a tumor near the kidneys, but said it could not be removed by surgical measures because they feared permanent injury to the kidneys. A friend led her to use Viavi, and she soon felt so much better that she unwisely did some heavy work which injured and set her back. However, she continued the use of Viavi and became entirely well. Ten years later she wrote she was still in the best of health, and was glad to tell others how she restored herself.

**Tumor, Eight
Operations**

A woman, in Texas (3353), wrote that her condition was so hopeless that she had been sent home to die. She had eight operations which did not

bring relief. She was paralyzed from the waist down, able to move only her hands and head. She had to be fed through the rectum as her stomach would not retain food. Her condition was diagnosed as malignant by some of her physicians. She was hopeless and would have welcomed death had it not been for her love for her three girls.

A friend asked a Viavi dealer to tell this sufferer what others had been able to do through the use of Viavi. The nurse was out when the dealer called, and the little daughter informed her that "mama cannot see company." So a Viavi Hygiene was left on the table. The husband found the Hygiene, and becoming interested, called upon the dealer and then interviewed their family physician concerning the use of Viavi. The physician said, "If my wife was in the condition yours is, I would try anything that offered a hope." So the use of Viavi was begun.

Three months later the recuperative power expelled tumorous matter about the size of, and as thick as the biggest part of the hand. Restoration then began and continued until she was entirely well. Eighteen years later she wrote that there had been no return of her former troubles. She passed through the menopause without a single bad symptom, and was thoroughly well and active.

**Tumor
Overcome**

A woman, in Ohio (2084), wrote that her physician discovered a fibroid tumor as large as a small egg on the outside of the womb, and advised an operation. Instead she furnished Viavi to her recuperative power for a year and a half, and when again examined, the doctor reported that all trace of the tumor was gone.

Tumors sometimes pass through the vagina or rectum as a whole, or in pieces. When the expulsion is through the vagina it is often accompanied by labor-like pains.

**Tumor in the
Womb**

For instance, a woman in Alberta, (4134), wrote that twenty years before her physician discovered a fibroid tumor in the womb, and told her that it was impossible to live two weeks without an operation. She continued to live for a number of years without the operation, but suffered with irritating discharges. She could scarcely walk, and the limbs were so swollen that when pressed upon, large dents remained.

A friend led her to furnish Viavi to her recuperative power. Some time afterwards she had labor-like pains with severe pressure upon the bladder, and a tumor was expelled from the womb into the vagina which was so large and so peculiarly shaped that it could not pass from the vagina and had to be expelled with the help of her physician. He said the tumor weighed at least four pounds, being of a hard fibroid character. The use of Viavi was continued until the menstrual periods became normal and painless, and she became entirely well. Many years afterwards she wrote that she remained well, and although fifty-seven years old, had not had any return of the trouble. It is truly wonderful what the recuperative power is able to do when furnished with the means which it can use.

**Was Sent Home
to Die**

A man, in Scotland (644), wrote that when about 24 years of age he discovered a lump in the bowels, which was diagnosed differently by different physicians. He was placed in the Glasgow Infirmary, under the care of a surgeon who was unquestionably at the head of his profession. The abdomen was opened, and a large fibroid growth of extraordinary dimensions was found growing throughout the intestines, from the stomach to the lower part of the abdomen, and one inch on the left side of the navel to the uttermost part of the right side of the abdominal cavity. One-half of the bowels was affected by the ramification of the tumor. Its extent was such that the surgeons decided it was impossible for any man to do

anything for him, and that he could not possibly live longer than six weeks. The wound was closed and the young man sent home, as they and he thought, to die.

**Mother Knew of
Viavi**

His mother knew of Viavi, and furnished it to his recuperative power. He began to grow stronger after a few months use of Viavi, and later there were signs that the recuperative forces were dealing with the conditions, because tumorous matter was passed from the bowels almost daily. This continued for some months, gradually becoming less frequent. After fourteen months, large quantities of decayed matter were thrown off for two or three weeks, and the growth was thus finally disposed of. Ten years later this man wrote: "Am much stronger throughout the region of the passed tumor than ever before, and have no apprehension of a return of the trouble."

**Tumor Passed
Whole**

A woman, in Alabama (1349), wrote that she suffered for five years with laceration, ovarian tumors, headache, backache, and nervousness. Her physicians advised an operation which she refused. She was led to use Viavi and after some months a tumor passed about the size of an egg, followed by others the size of walnuts. This eliminating process continued until seven tumors were expelled. A year later her family physician, who was familiar with her condition, examined her, and stated that the laceration which had been one and a half inches long, was entirely healed, and the tumors were gone. Fourteen years later she was still well.

**Restoration
Takes Time**

This sufferer used Viavi some months before any marked symptom of improvement was seen, as the recuperative forces require time to repair and restore. Just as a tumor grows to a considerable size before it is noticed by the sufferer, so the restorative processes go on though they may not be seen.

With a full, free circulation of the blood in every part of the body, every cell receives its appropriate nourishment, and the waste of the body's vital processes is eliminated from the body. Anything that interferes with free circulation of the blood, as injury, pressure from tight or heavy clothing, displacements, menstrual derangements, chronic constipation, inflammatory processes, adhesions, etc., tends to the development of foreign growths.

**Tumors Not
Always Painful** Tumors are not always accompanied with pain in the beginning; but it develops sooner or later. Some women have growths for a long time without being aware of their presence, but they suffer later. The recuperative power through the use of Viavi, has expelled tumors situated in the womb by muscular contractions of the womb with labor-like pains, and has eliminated tumors situated in the walls of the womb, in small pieces at, or between the monthly periods.

Some of these discharges resembled small pieces of fibrous tissue, or liver, black, offensive clots, coagulated blood, boiled beans, gruel, worms, or were profuse, watery discharges varying greatly in color. Pieces of the tumor with what seemed shred-like roots have been frequently passed. The thickened cast of the womb, or cysts resembling grapes, have been expelled. During the process of removal, labor-like pains, or a feeling that something was tearing loose, may be regarded as excellent indications.

**Fibroid Tumor,
Menopause** A woman, in Oregon (2795), wrote that she suffered with profuse menstruation from the beginning of that function. Her condition became critical at the change of life; she flowed continuously for more than a year. She was reduced to a mere skeleton, and was very nervous. Her physician diagnosed a fibroid tumor on the left ovary. An operation was advised, although the physician frankly gave no hope that she would live through the operation.

A friend who had obtained good results through the use of Viavi, urged her to use it, and in her extremity, she did so. As there was much for her recuperative power to do, improvement was not noticed for a number of months. Then pieces of tumorous matter passed with the monthly flow, and continued for about eighteen months. Finally about two quarts of very offensive, black fluid passed, and the discharge stopped. From then on improvement began, continuing until she was entirely well.

Her letter was written eight years after she had eliminated the tumor, and seven years later still she wrote that there had been no return of the condition, and her splendid health had continued.

**Tumor in the
Womb .**

A woman, in Kansas (3408), suffered with a fibroid tumor inside of the womb. She was led to furnish Viavi to her recuperative power. The tumor passed away with the menstrual flow, and when all of it had passed, menstruation gradually decreased and stopped without any of the troubles which many women have at the change of life.

"The work I do shows I must be a well woman," she wrote eight years later. "There are three in the family. I do my housework, including washing and ironing, work in my husband's office every day, and am branch secretary of a missionary society."

**Abscess and
Tumor Passed**

A woman, in Pennsylvania (3933), wrote that several physicians diagnosed her condition as inflammation and tumor of the womb, with an abscess on the right ovary. She suffered severely with cramps, and flowed profusely for three months. She began the use of Viavi, and in a comparatively short time a discharge began, and four months later the tumor passed away in pieces. The flooding stopped, and improvement began, progressing until she was completely restored. Eleven years afterwards she wrote, "The use of Viavi truly saved my life."

**Tumors of the
Womb**

A woman, in the State of Washington (4010), wrote that she suffered with ovarian headaches so badly that she could not bear to have her husband or son to even talk to her, and imagined that everybody had turned against her. Her physician diagnosed the condition as ulceration and tumors, which would possibly have to be removed.

When husband and wife were led to understand the law of recuperation, and the results which have followed the use of Viavi, the wife began its use. In a comparatively short time she was able to do her housework without any bad symptoms. Large quantities of dark, slimy substances were eliminated. The sufferer seemed to take on new life, and wrote: "Words cannot describe the great change which took place in mind and body."

**Operation
Unnecessary**

A woman, in Missouri (3923), wrote that three physicians who came to her home to operate for fibroid tumor discovered that she was six months pregnant. The operation was postponed, and she was told that the child would have to be delivered by Caesarean operation because the tumor was so large that the child could not possibly be born naturally.

She used Viavi, and the child was born without the Caesarean operation. Later, while the nurse was adjusting her pillows so that she might sit up, she fainted, and while unconscious, passed a tumor which filled a gallon vessel. The physician's examination revealed that the tumor had been loose for some time. Later she passed a smaller tumor with gentle labor pains, and health was gradually restored.

This user wrote at sixty-five years of age that she was an active woman, managing her own affairs, and has had no return of tumor.

**Unsuspected
Pregnancy**

A woman, in Utah (914), wrote that an eminent physician's examination revealed what he supposed was an ovarian tumor. He told her that nothing but an operation could remove this growth, to which she would not consent. She was led to use Viavi through a friend who had overcome a tumorous condition through the use of Viavi. The examination was held in February. In July a little daughter was born, the tumor being so prominent that pregnancy was not suspected. In August a tumor three inches in diameter and seven and one-half inches long was passed with expulsive pains. The following April she wrote, "The bad symptoms have all disappeared and I am perfectly strong and well." Writing when this daughter was in her thirteenth year, she said, "My daughter is a beautiful girl, and her health, as well as my own, is good."

**Wisdom
Manifested**

It was possible for the tumor to completely mask pregnancy, but the recuperative forces manifested much wisdom in permitting the development and delivery of the baby, and then taking advantage of the conditions, to expel the tumor whole, just as a child is born.

What would have happened had the operation been performed? The removal of the tumor might have made it necessary to destroy the fetus, and possibly to remove the womb and ovaries. To what extent the mother's health would have been affected by such removal is problematical. However, following the use of Viavi the recuperative forces preserved the lives of both child and mother.

CYSTIC TUMORS

Cystic tumors are sacs filled with fluid. They are serious because they sometimes grow rapidly, and the sac becomes so thin that some sudden movement of the body, such as a misstep or a fall, may break it. If

the cyst is situated in the cavity of the womb, the liquid can pass out as the menstrual flow does; or if in the walls of the womb, separation of the sac and tissues may take place. But when the break occurs in the peritoneal cavity, blood-poisoning is likely to result.

**War Worker's
Restoration** A woman, in Missouri (2939), wrote that her physician had forbidden her to ride on street cars as she had cystic tumors which were likely to break at

any time from a sudden jar, and might cost her her life. She had been ill for ten years, scarcely able to walk. He advised an operation, but thought it doubtful if she would live through it. She wore an abdominal support to carry the weight of the abdomen for temporary relief.

A friend who had regained her health through the use of Viavi, led her to use it. She gradually grew well and strong. During the war she was employed as a street car conductor, and required to pass a rigid physical examination.

**Shrouded in
Mystery** Because it is the recuperative forces in the sufferer's body which must do the restoring, it is impossible for any one to make a promise of restoration,

or know how long a sufferer may live. Many sufferers have been told that they could not live beyond a certain time, but instead of accepting such prognosis as a decree of fate, have supplied Viavi to their recuperative forces and become well. The recuperative power of the body is still shrouded in mystery; but for your use it is in your body and no one can use it but you.

**Cystic
Tumor** A woman, in Virginia (4179), wrote of suffering with a tumor so large that her abdomen rested upon her knees when she was seated. She was

told at a famous hospital in Baltimore that she could not live unless an operation was performed. She asked the surgeons if they would guarantee that she would

leave the operating table alive, which of course, they could not do. She thereupon refused to take the chance, and returned home.

She furnished Viavi to her recuperative forces. Later, between three and four gallons of fluid were passed in a twenty-four hour period. The flow continued for over two months. Then the building processes began, and health was entirely restored in time. Four years later, when she was in her sixty-second year, she was perfectly well, able to work hard, and had had no return of the tumor. Thirteen years later she again wrote that she was still well and strong.

**Enlarged
Ovaries**

A woman, in Oregon (2766), wrote that her physician diagnosed chronic inflammation of the womb, with a cystic tumor in the Fallopian tubes.

The ovaries were about three times their normal size. Painful attacks occurred at intervals for about a year which left her extremely weak. Her physician advised an operation, but instead, she furnished Viavi to her recuperative power. Improvement was seen after a short time. Later, the recuperative powers eliminated a small pulpy tumor about the size of a hickory nut. She became well, and the following year, becoming pregnant, delivered a ten pound baby, being in labor only two hours.

**Cyst and
Fibroid**

A woman, in Canada (3649), wrote that her doctor diagnosed a fibroid tumor. She was so perturbed that she had three other doctors examine

her, who diagnosed a fibroid tumor with a cyst or growth on the ovaries. All advised an operation; but she would not consent to it. A friend led her to supply Viavi to her recuperative forces. After using it a year, wonderful changes took place in her body. She continued its use until all indications of the tumor disappeared.

Nature Restores	<p>The recuperative power is the power that keeps the body in health, or restores health when it is lost. This power exists in every human body, and may be utilized by furnishing the means which it can use. Many men and women have freed their bodies completely of tumors and tumorous growths, through the use of Viavi. The recuperative forces probably used this means to quicken and strengthen the natural metabolism of the body, thus overcoming the conditions causing these tumors. Restoration always comes about through the recuperative forces of the body, which, under normal conditions, keep the body well, and restore health when diseased, if restoration is possible, and if furnished the means which they need.</p>
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LUMPS AND ENLARGED GLANDS

Lumps in the breast and enlarged glands frequently occur when there are uterine troubles; and their disappearance as frequently follows restoration from these disorders. Many women have furnished Viavi to their recuperative power and overcome lumps in the breasts or enlarged glands, as illustrated in the following experiences.

Lump in the Breast	<p>A woman, in British Columbia (1012), wrote that a lump appeared in her breast. It was about the size of a marble, and was only painful to the touch at first, but later the whole breast became swollen and very painful. She furnished Viavi to her recuperative power, and within a few months the lump disappeared entirely. A year later she wrote that there had been no sign of its return.</p>
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Operation Advised	<p>A woman, in California (1779), wrote that a lump about the size of a hen's egg formed in her left breast, causing severe pain, especially at the menstrual period. The soreness in the breast accompanying</p>
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the menstrual period illustrates how the breasts are in sympathy with the uterine organs. A growth also formed on the left side of the uterus and the left ovary was in a cystic condition. The mouth of the womb had been badly lacerated, and hard, calloused tissue had formed on each side of the tear. Severe flooding spells occurred every month, with severe backache and headaches.

Leading physicians examined her. Some diagnosed cystic ovary, others fibroid tumor; and removal of all the organs was advised. As her family insisted upon this, arrangements were made for the operation. She had supplied Viavi to her recuperative power for some time, and the day of the operation she decided to continue its use, and cancelled the hospital arrangements.

In a few weeks the tumor broke and a large quantity of bluish-black material was passed. Two weeks later the elimination was repeated. Then improvement began, the pain and soreness in her side, left. The lump in the breast gradually disappeared. Her nerves became stronger, and health was entirely recovered. Four years later she wrote that her health was better than it had ever been.

**Bleeding
Tumor**

A woman, in England (909), wrote that she suffered from a bleeding tumor. Her physicians endeavored to remove it without an operation, and failing to do so, advised an operation, to which she would not consent. After many years of suffering she furnished Viavi to her recuperative power which entirely restored her health.

It will be noticed that some who used Viavi did so with little confidence, because they had furnished their recuperative power with so many other things which this power did not use, and were naturally discouraged. But the miracle of getting well is a personal, individual experience, and each one must make the personal individual effort.

CHAPTER XLV

A TALK WITH MEN ABOUT WOMEN

WHEN a man's wife or daughter is suffering from a disease peculiar to her sex, she should be able to secure his co-operation, for a man's practical training renders his judgment exceptionally valuable. Unfortunately, it is a subject that many men avoid through a sense of delicacy.

Countless men have had their noses kept to the grindstone by the expenses caused by invalidism of their wives or daughters, without arousing an inquiry either as to the fundamental reason for the invalidism or reasonableness of the means used for which they were paying. In any other situation in life, such a man would make inquiries and examination of the whole subject; but in matters of health and disease, ignorance and tradition play an important part.

Father's Influence	Many men know nothing about the nature of the treatment to which their wives and daughters are ordinarily subjected; but why not know? The man is the natural protector of his wife and daughters; they will trust him before any one else. He should give them all the sympathy and assistance he can.
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The husband or father should understand the processes by which health can come. His sympathy, co-operation, and practical judgment are certain to be sustaining in his wife's desire and effort to become well. Many husbands have written us that by reason of their judgment involved in the decision to use Viavi, and their co-operation and helpfulness in its use, they not only had the consciousness of an active participation in bringing the loved one back to health, but the happiness of a deeper and fuller companionship.

**The Urge for
Operations**

Where conditions have been neglected until a point is reached which seems to be beyond Nature's power to overcome, an operation as a palliative measure may seem the only alternative. The vital question to the man now is, How is he to know positively that an operation is necessary? Will he consent to it, without knowing the condition in which the operation may leave his wife? Will the man accept a declaration that an operation is the only remaining reliance, when hundreds of sufferers have been told the same thing, and yet found a means through which they got well without the operation?

**Uncertainty in
Operations**

There is no short cut to health. This is strikingly true in long established conditions. When a man considers the extreme natural repugnance and terror that a woman has for cutting, he will hesitate before employing any over-persuasion to get her on the operating table. Symptoms of conditions in the hidden organs are often complex and obscure, so that generally, much guessing has to be done. There is always a chance for a disastrously wrong guess. Women have been cut open for a supposed tumor and found to be perfectly healthy and far advanced in pregnancy.

**Conditions that
Baffle**

A man who has informed himself cannot be convinced that any human foresight can know what the ultimate result of an operation will be. No positiveness of assertion will affect him. A woman's apparent recovery will not deceive him, for he will know that only the coming years can tell. A man will think twice before trusting to blind chance. A sobering thought is reflected in this sentence from a medical journal, "There are few conscientious physicians but will reluctantly admit that there are today, more operations on, than diseases of, the appendix vermiformis."

Any operation, from the slightest to the most seri-

ous, may leave an irreparable injury, no matter what may be said to the contrary. A prudent man will take no single person's word for it. One diagnosis may be wrong. A man should call in another independent expert, and still more experts, each without the knowledge of the others. He should read what other sufferers have done without an operation.

**Protection of
Women**

Some strong reason must have existed in England for forming the Society for Protection of Hospital Patients. It was organized to protect women from unnecessary mutilation, and in its appeal to the public it cited Dr. Canu's bitter arraignment of the practice of ovariectomy in France, where, he said, "It has done more harm than the Prussian bullets in 1870." And the late Dr. Thomas Keith, of London, is reported as saying: "I say deliberately, that hysterectomy (removal of the womb) is an operation that has done more harm than good, and its mortality is out of all proportion to the benefits received by the few."

**Pathetic
Delusion**

The deadly, deluding fascination in an operation is twofold; it is a quick, deft means to bring about some change in the sufferer's condition, and her expectation is that it will relieve her of trouble. But there are no short cuts to health. Return to health is usually a slow process. Abnormal conditions have to be overcome, and Nature cannot overcome them any faster than the recuperative power can use the means which are furnished to it.

**Men's Instinct
for Health**

As a rule, women do not place the value on health that men do. A man's excess of vigor is a natural endowment, given because of his harder, more hazardous work in life. Any ailment that cripples his powers frets him, and he generally sets himself to overcome the obstacle that he may live his life and do his work.

Some women are impatient of the slow processes of Nature, and hence, are often easily convinced that there is some short-cut to health. Most women are busy in one way or another, and feel they cannot readjust their duties and time to do what is essential to real recovery. In that respect a man's co-operation is of the greatest value.

**Broad Effects
on Women**

Two features in the use of Viavi will appeal with special force to the common sense of a man. One is that Viavi is used in the privacy of home by the woman herself; the other is that she is led through its use to do, herself, the important things toward her recovery. A woman learns that in the main, responsibility for her own health rests upon herself, her recuperative power—the power by which and through which alone she can become well—which is within her own body. She learns the vital relation between conduct and health. She realizes that after all, Nature is the great restorative agent, and restoration can only come by furnishing to the recuperative power the means which it can use.

The recuperative power of the body is still shrouded in mystery; but for your use it is in your body, and no one can use it but you. It is wonderful; and although we are unable to fully comprehend its processes, the processes through which the men and women who have related their experiences in these pages, and thousands of others, became wonderful in health, wonderful in vitality, and wonderful in happiness, they know that they experienced these processes, and that they experienced them through using Viavi, and at home. Their recuperative power used Viavi, their nervous vitality was aroused, their circulation increased, congestion was removed, their pain ceased, and they became well naturally. No one may be able to know just how their recuperative power used Viavi, or how they became well when they used it. No one may be able to know why they had failed to get well through any of the other

means they had used, or the treatments received. The important fact is that they did get well, and Viavi was the means through which they got well. Our purpose has been to tell you what has been accomplished by other sufferers through the use of Viavi, for that is the only sound foundation upon which hope and expectation for health by you, and others, may be based.

THE END

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